

DISHA – A LIFE SCHOOL, ACHIPATTI, POLLACHI



HIGH PERFORMANCE CENTRE





DISHA – A Life School proudly announces the launch of the DISHA – High Performance Centre, a premier sporting facility dedicated to fostering athletic talent and promoting sports excellence. The centre offers world-class infrastructure and training, advanced coaching methodologies, and comprehensive support services for athletes of all ages, genders and abilities.

“We are committed to nurturing talent and fostering a culture of excellence in sports. Our goal is to provide a platform where athletes can develop their skills, gain professional training, and achieve their highest potential.”





Mr. Senthil is a visionary second-generation educationist from the P.K.D Trust, a global entrepreneur with ventures across the U.S., Brazil and India, and a passionate tennis enthusiast. His lifelong dream of bringing a world-class sports facility to his hometown, Pollachi, has materialised in the Disha High Performance Centre. With a rich blend of international experience and local dedication, Senthil aims to inspire and nurture talent and interest, fostering holistic development through state-of-the-art facilities and expert training. His commitment to excellence ensures a transformative impact on the community, promoting a lifelong love for sports.

Envisioned & Founded by

Senthil

Managing Director
DISHA - A Life School





The Disha High-Performance Centre offers state-of-the-art facilities for athletes of all ages, genders, and abilities to explore and enjoy sports. ***The professional-grade arenas are designed to help everyone experience the joy and excitement of playing sports to its fullest potential, while fostering both high achievement and widespread interest.***



TENNIS COURTS

4 Red Ball Junior Courts and 4 Synthetic Senior Courts developed to the US open standards



BADMINTON COURTS

4 Wooden Courts developed to the Indian Badminton Federation standards



TABLE TENNIS

A dedicated 1852 sq.ft table tennis arena equipped with Stag Tables approved by Table Tennis Federation of India.



SWIMMING POOL

Half the length of the Olympic standard swimming pool among lush plantations



GYM

Fully equipped gymnasium for all levels of fitness training



PHYSIOTHERAPY

Dedicated rehabilitative training and Return-to-sport programmes.



SCIENTIFIC TRAINING

Sports Specific Assessments, Strength & Conditioning, Bio mechanical Analysis, Nutrition & Cognitive Training



Our mission is to provide world class facilities, scientific training and capacity building for all athletes across ages, genders and skill levels.

Our vision is to create an inclusive and inspiring environment where athletes of all ages, genders, and abilities can explore and excel in sports, experiencing the joy of physical activity and achieving their highest potential through state-of-the-art facilities and expert guidance.



**YOUR
SPORT
SPACE**



DISHA – A Life School, an ICSE Day/ Residential School located in Pollachi, has been a beacon of educational excellence for more than a decade. Known for our commitment to academic achievement, holistic child education and multi-disciplinary development, we also place a strong emphasis on arts and sports.

The Disha – High Performance Centre is more than just an extension of our dedication to nurturing well-rounded students. Envisioned as a state-of-the-art facility, it is designed to provide athletes across all ages, genders and talents with the best possible environment for training and development. The centre is equipped with advanced technology and resources to support upcoming athletes of India in achieving their full potential.



BOARD OF ADVISORS



Balachandran Manikkath

Coach, Indian Team Tennis for Paris Olympics'24
Director, Rohan Bopanna Tennis Academy

PADUKONE SPORTS MANAGEMENT

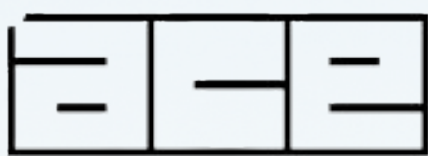
Prakash Padukone

Founder, Prakash Padukone Badminton Academy (PPBA) &
Prakash Padukone Sports Management (PSM)



Karthikeyan Rajamani

Founder, Urban Pave Sports System
Trained American Sports Builder Association acrylic system installer



Dinesh Verma

Principal Architect & Managing Director
Ace Group Architects Private Limited





BADMINTON ARENA



IN PARTNERSHIP WITH
PADUKONE
 SPORTS MANAGEMENT

The Disha High-Performance Centre features a genuine wooden badminton arena built to Indian Badminton Federation standards, with 4 courts designed for optimal play. Managed by experts from Padukone Sports Management, the centre provides full-time coaches, all trained to develop comprehensive programmes for both beginners and elite athletes.

The facility is open to members for coaching or recreational play as per the below daily schedule.

PROGRAMME	TIMING
Open Programmes	6:00 – 8:00 am 6:00 – 9:00 pm
Exclusive Women Programmes	8:30 – 10:30 am

Group/ Private Coaching programmes can be customised for members. Kindly get in touch with the office desk to get further information.



TABLE TENNIS ARENA





The Disha High-Performance Centre features a dedicated 1852 sq.ft table tennis arena equipped with Stag Tables approved by Table Tennis Federation of India. Expert coaches are on hand to train members, providing comprehensive programs for players at all levels. This premier facility ensures that everyone, from hobbyists, beginners to elite athletes, receives top-tier instruction and support.

The facility is open to members for coaching or recreational play as per the below daily schedule.

PROGRAMME	TIMING
Open Programmes	6:00 – 8:00 am 6:00 – 9:00 pm
Exclusive Women Programmes	8:30 – 10:30 am

Group/ Private Coaching programmes can be customised for members. Kindly get in touch with the office desk to get further information.



SENIOR TENNIS COURTS



JUNIOR TENNIS COURTS





The Disha High-Performance Centre boasts 4 Red Ball Junior Courts and 4 Synthetic Senior Courts developed to US Open standards. The Tennis Programme is designed by Mr. Balachandaran Manikkath and run by Head Coach Vignesh V (Ex-ATP-ranked player), along with four assistant coaches. This premier tennis hub with world-class facilities and training programmes, nurtures talent of beginners as young as 3 years to elite athletes.

The facility is open to members for coaching or recreational play as per the below daily schedule.

PROGRAMME	TIMING
Open Programmes	6:00 – 8:00 am 5:30 – 7:00 pm
Exclusive Women Programmes	8:30 – 10:30 am

Group/ Private Coaching programmes can be customised for members. Kindly get in touch with the office desk to get further information.



SWIMMING POOL



The Disha High-Performance Centre features a swimming pool half the length of an Olympic standard, designed for optimal training and development. 4 Expert coaches provide top-tier instruction, catering to swimmers of all levels. Whether you're a hobbyist, beginner, diver or an elite athlete, our state-of-the-art facilities and professional guidance ensure you reach your full potential. The facility is open to members for coaching or recreational swim as per the below daily schedule.

PROGRAMME	TIMING
Open Programmes	6:00 - 9:00 pm
Exclusive Women Programmes	8:30 - 10:30 am

Group/ Private Coaching programmes can be customised for members. Kindly get in touch with the office desk to get further information.



Private Coaching Session

Tailored training programs for individual athletes.

Group Training

Structured group sessions for skill development and teamwork.

Elite Athlete Programs

Intensive programs designed for high-level competitors.

Rehabilitation Services

Comprehensive physiotherapy and sports medicine support.

Nutritional Counseling

Expert advice on diet and nutrition for optimal performance.

Performance Analysis

Advanced tools and techniques for analyzing and improving athletic performance.

ANCILLARY FACILITIES



HIGH PERFORMANCE CENTRE



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[dishahpc](https://www.instagram.com/dishahpc)



DISHA- A Life School,
Achipatti, Pollachi

CONTACT INFORMATION