

Shreyas Iyer Opens Up About Injury, IPL and His Cricket Journey

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Shreyas Iyer, widely regarded as one of world cricket's brightest talents, opens up about his personal and professional journey in an exclusive GQ India interview. He reflects on the challenges he has overcome, including injuries, intense competition, and the pressures of performing consistently in the IPL.

Iyer also shares his aspirations for the Indian national team and his vision for the future, offering fans an intimate perspective on his life.

The conversation highlights his resilience, leadership qualities, and relentless dedication to cricket, which have earned him recognition both in India and internationally.

Early Life and Cricketing Beginnings

Born and raised in Mumbai, Iyer's passion for cricket emerged at an early age, driven by a deep love for the sport and natural talent.

He trained at the iconic Shivaji Park Gymkhana under the mentorship of former Indian cricketer Pravin Amre, a formative experience in his development.

The highly competitive environment instilled discipline, resilience, and a strong work ethic, teaching Iyer that talent alone would not ensure success in cricket.

His early years were marked by rigorous practice, frequent matches, and exposure to Mumbai's legendary cricket culture, which molded him into a confident and focused young player.

Overcoming Injuries and Setbacks

Injuries have been one of the most significant challenges of Iyer's career, threatening to halt his momentum at critical moments.

He reflects candidly on the mental and physical hurdles of rehabilitation, emphasizing the importance of patience, determination, and a positive mindset.

Iyer credits his support system, including family, coaches, and medical staff, for helping him navigate periods of uncertainty and regain form.

Despite these setbacks, his commitment to excellence and love for the game enabled him to return stronger, demonstrating resilience admired by fans and peers alike.

Leadership in the IPL

Iyer's leadership potential became evident during his tenure with the Delhi Capitals, eventually leading to his appointment as captain of the Punjab Kings in the IPL.

He emphasizes the significance of respect, communication, and mutual trust between players and management in building a cohesive team environment.

Iyer's strategic thinking, on-field decision-making, and ability to motivate teammates have been pivotal in elevating team performance under high-pressure conditions.

Aspirations for the National Team

Looking forward, Iyer is determined to cement his position within the Indian national team, contributing consistently in all formats of the game.

He recognizes the evolving dynamics of the squad, noting the emergence of young talent and the need for adaptability and continuous improvement.

Iyer's focus remains on delivering reliable performances, maintaining physical fitness, and embracing leadership responsibilities to earn permanent inclusion in the team.

Balancing Professional Pressure and Personal Growth

Beyond cricket, Iyer emphasizes the importance of mental resilience, self-reflection, and learning from both victories and setbacks.

He shares insights into the psychological demands of professional sport, highlighting how preparation, focus, and composure are vital during high-stakes matches.

Iyer's journey demonstrates that achieving success in cricket requires a holistic approach, blending skill

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