

Aadeesh Shastry Urges Youth to Embrace Multi-Skill Learning for Life Readiness

From hurdles to chess, the Eagle Scout shares lessons on discipline, strategy, and service—and why they matter now more than ever.

New York City, New York Aug 30, 2025 ([IssueWire.com](https://www.issuewire.com)) - Scholar and former student-athlete [Aadeesh Shastry](#) is calling on young people and communities to focus on developing skills across multiple disciplines—physical, mental, and civic—to prepare for life’s varied challenges. Drawing from his own experiences in track and field, basketball, chess, and scouting, Shastry emphasizes that adaptability and discipline are learned through action.

“Sports taught me how to push myself. Chess taught me how to think ahead,” says Shastry. “The more different kinds of challenges you face, the better prepared you are for the next one.”

According to the *Journal of Youth Development*, young people involved in both sports and structured community programs are 40% more likely to demonstrate leadership skills and 25% more likely to excel academically. Shastry believes the combination of athletics, strategic games, and community service builds a foundation for resilience and problem-solving.

His journey includes earning the prestigious rank of Eagle Scout—an achievement only 6% of Scouts attain—where he led a community service project from planning to execution. “It’s one thing to plan something,” he says, “but it’s another to get people to buy in and work together. That experience changed how I lead.”

He also draws lessons from hurdling. “You can’t just run fast—you have to be precise with every step,” Shastry explains. “Preparation matters in every field, not just on the track.”

Shastry encourages people to start small in building their own skill sets.

- **Join a local sports league or fitness group** to build discipline and teamwork.
- **Play strategy games like chess** to strengthen patience and planning.
- **Volunteer for community projects** to learn leadership and service.

“You don’t have to do everything at once,” he says. “Pick one new challenge, stick with it, and see how it changes you.”

For Shastry, the takeaway is simple: “Every challenge is just a puzzle. Solve enough of them, and you’ll be ready for whatever comes next.”

About Aadeesh Shastry

[Aadeesh Shastry](#) is a scholar and former student-athlete from Fremont, California. He is a graduate of the University of Chicago (2022) and New York University (2023), with a background in athletics, chess, and community service. An Eagle Scout, Shastry has competed in track and field, basketball, and

continues to advocate for skill development, leadership, and lifelong learning. He is currently based in New York, New York.

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