

CONTENTS

Founder's Note	01-02
CEO's Message	03-04
FROM THE DESK OF THE CEO-JSW SPORTS	05-06
IIS Olympic Qualifiers	07 - 09
Champions Speak	10
Facts & Figures	11 - 13
Khelo India Youth Games 2020	14
Awards & Accolades	15
COVID-19 Precautionary Measures	17
IIS Athletics Program: Year in Review	18 - 21
IIS Boxing Program: Year in Review	22 - 25
IIS Judo Program: Year in Review	26 - 28
IIS Wrestling Program: Year in Review	29 - 31
Creating a World-Class Training Environment	33 - 45

CONTENTS

IIS Social Impact	47
Guests & Visitors	49-51
IIS Family: Donors & Partners	52
Partnerships & Collaborations: Taking IIS to the World	53
Media Coverage	54
IIS Financial Report	55



FOUNDER'S NOTE

Friends,

I write to you during these uncertain times with mixed emotions. The onset of the global pandemic caused by the COVID-19 outbreak has caused great distress across the world. From our perspective, it has meant that the Olympic Games scheduled to be held in Tokyo, Japan from July 24-August 9, 2020 have been postponed for the first time in history. While there is no doubt that the right decision was made, this postponement has led to a drastic shift in momentum for all our athletes who were in the 'home stretch' of their preparations. Having said that, this situation has also given us and our athletes a new purpose: that of being grateful, cherishing what we have and preparing even harder in the coming year to ensure we can move forward toward our goal of kickstarting an Olympic Movement in India!

It fills me with immense pride to see the impact we have been able to create in Indian sport through the Inspire Institute of Sport (IIS) – our dedication to the nation built with the objective of churning out Champions for India.

It was on Independence Day 2018 that the IIS officially opened its doors in the presence of Olympic legends such as Balbir Singh Sr, Abhinav Bindra and Mahesh Bhupathi, among others. What started as a dream for all of us at the JSW Group, and for my sport loving family indeed, has since grown into an institution that is already setting benchmarks in ways more than one. IIS, I have always believed, is a movement – one that will help the athletes of our country become world beaters. It would be safe to say that over the past 18 months, this movement has well and truly gathered momentum.

Numbers don't lie, and the performance of our athletes tell the story of the leaps they've taken in their professional careers.



IIS Athletes won a total of 184 medals across competitions in the past year. While the senior athletes continue to lead the way, what is perhaps most heartening for me is the performance of our junior athletes. Whether it was judokas winning 5 of 6 medals won by India at the Asian Cadet and Junior Championships, teenaged triple jumper Praveen Chithravel winning the senior Federation Cup title, 18-year old Gourav Baliyan making a mark at the Asian and World age-group levels, or young boxer Anju Devi's run of 5 Gold medals in as many tournaments – the future is here, and it is bright.

Before the sporting world came to a halt, 6 of our athletes had already secured their spot at the Tokyo Olympics (now scheduled for July-August 2021). Be it javelin thrower Neeraj Chopra successfully returning from an elbow injury to qualify for the Olympics in his first competition in almost 500 days, our wrestling star Bajrang Punia, gunning to become India's first ever Olympic Gold medalist in wrestling, or boxer Vikas Krishan Yadav, who has come back from a stint in professional boxing to chase an elusive Olympic medal, the stories of our athletes inspire us and millions across the country.

The past year has been one of consolidation and for IIS to cement its place as the pre-eminent high performance training Centre in India. We've welcomed more athletes and officials to the IIS family, taking our strength to over 200 athletes from 17 states of India. Staying true to our original vision of helping India become a sporting nation, we've also hosted athletes and teams from across India, providing them easy access to our facilities and personnel. While the Athletics track and Sports Science lab now are fully operational, we've increased capacity at our hostels for athletes and work is on in full swing to launch the aquatics program this coming year.

Infrastructure apart, the year has been extremely significant because of the long-term relationships we have developed, in India and abroad, to help provide our athletes and staff invaluable learning experiences. Having been accredited as a Khelo India academy by the Sports Authority of India, we've now joined hands as high performance partners with the Boxing Federation of India (BFI) and the National Rifle Association of India (NRAI). We entered 2020 by becoming India's first institute to be granted membership of the Association of Sports Institutes in Asia (ASIA), an affiliation that will open opportunities for research and knowledge sharing with 15 of the top sports institutes in the continent.

At IIS, we not only craft victories, but mould youngsters into responsible citizens of India. To this end, I am very excited about the early signs we're seeing from our Academic program and the impact our targeted and holistic development is having, on and off the field. The encouraging school results of our athletes, coupled with programs around soft-skills development, livelihoods, female health and wellbeing being implemented at IIS gives me a great deal of confidence about the future of our athletes as role models and leaders of society.

To all our partners and donors, existing and new, I am grateful to you for your support and belief in us, and our vision. Your support ensures we're able to provide IIS' infrastructure and expertise to a larger number of Indian athletes. The situation with COVID-19 and the postponement of the Olympic Games has meant that the coming months are going to be crucial for everyone associated with IIS, as we recalibrate training plans for the Olympics in 2021. I would count on all your continued support to help us ride this wave of uncertainty and continue our march towards realising our vision.

The most important lesson I have learned from sport is to come back stronger after a setback. Talking about some of our other Olympic qualifiers, Avinash Sable went from serving at the Siachen glacier to smashing his own 3000m Steeplechase national record twice in three days at the World Championships in sweltering Doha to qualify for the Olympics, Ashish Kumar boxed his way to Olympic qualification less than a month after the death of his father, and Satish Kumar, who only took up boxing after joining the Army less than a decade ago, became India's first ever Super-Heavyweight boxer to win an Olympic berth.

To me, these athletes exemplify the Olympic spirit, the spirit that will give us strength to persevere towards a brighter tomorrow. We are taking every step to ensure the safety of athletes and will look to host more athletes and training camps at IIS once it is safe to do so. Looking ahead, plans for the Paris 2024 Olympics and beyond have filled up the calendars of our athletes and coaches already and many of our athletes have embarked on their journey towards making the nation proud.

I am extremely excited to be part of their journey and this movement. As you read through this annual report, I hope you are too. Jai Hind.

Parth Jindal
FOUNDER AND TRUSTEE, IIS

CEO'S MESSAGE

We're nearing what would have been our first complete Olympic cycle, and what a journey it has been! While these are uncertain times, and there is a lot still to be done, as I look back at the year that has been, I couldn't be prouder of the baby steps we've taken so far, and the work we've been doing with our athletes and the centre itself.

Whether it's the athletes, who gruel and grind day in and out, or us – the technical, coaching and other IIS support staff– that do our best to ensure that the athletes don't lack anything, it's been a period of precious learnings. And those learnings have yielded results, which is what gives me tremendous hope, and the assurance that here at IIS, we're on the right track.

The pieces of the puzzle are falling in place and we're well and truly on our way to becoming one of the region's most complete training facilities. With the sports science lab up and running, the breadth and variety in the kind of testing we can do with athletes has increased. Through our Edge10 Athlete Management system rolled out across departments, the monitoring of athletes is much closer and thorough. The Female Athlete Health Project undertaken by our Exercise Physiology team is another great example of the effective research and interventions we have undertaken at the institute. Everyone is working towards a common goal of seeing our athletes succeed, and this inter-disciplinary nature of support to athletes is leading to tangible improvements in athlete performance, injury prevention and overall health.

Speaking of performances, there have been some good ones, and some that have been exceptional. It gives me great pleasure to see more of our athletes representing India at the continental and world levels across age-groups.



But it's not only performances on their fields of play that are setting our athletes apart from the crowd. People talk about how it's important for a modern day athlete to be a thinking athlete, and IIS makes that happen. Going to school helps these girls and boys look at things from a different perspective, to think for themselves and to be accountable. Making them autonomous with their training in the gym, for instance, or the focus on nutrition, physiotherapy and healthy methods of making weight in combat sports: all of these are equipping our athletes to develop as world class sportspersons and responsible citizens. I have been proud to see our athletes demonstrate these traits during the current lockdown, taking on additional responsibilities to keep our campus clean, following protocols if away, and modifying training sessions to adhere to social distancing norms.

It's heartening to note the progress we're making towards positioning IIS as a Centre of Excellence in India and beyond. We've hosted some of India's top sportspersons across disciplines and had international athletes visit the institute for training, all of whom have had only positive things to say. Our entry into the Association of Sports Institutes in Asia (ASIA) and partnerships with the University of Birmingham, United Kingdom and the University of Tsukuba, Japan will strengthen opportunities for research, staff education and training and exchange programs for our athletes and staff.

At IIS, we think and plan long term. The time coming up is full of hope and is especially close to my heart as we start our swimming program and identify talent for the 2028 Los Angeles Olympics. No country can become a top sporting nation without a robust athletics and swimming program and both these disciplines are opportunities for us to tap into India's vast talent pool. We will continue to provide support to all Indian athletes who would now need to plan their training programs for the Tokyo Olympics in July 2021.

Our eyes are also on the 2024 Paris Olympics, for which we have started our groundwork already. We're looking at more international exposure for our athletes, apart from what their federations provide, for them to improve. These are all small but important changes to bring about for the environment of sport in India that deserves so much success at the highest level.

Much of our plans would not have been possible without the support of the JSW Group and our IIS family of donors, so on behalf of all the IIS athletes and staff, I would like to extend my gratitude to all our donors for backing us so far. Thanks are also due to our excellent IIS staff members, who's dedication and hard work has ensured IIS is able to maintain a positive and world class daily training environment for our athletes at the institute.

The journey has only just begun, and we have a marathon to run, so I look forward to you all continuing on this journey with us as we come together to create this sustained Indian Olympic Movement.

RUSHDEE WARLEY
CEO, IIS

FROM THE DESK OF THE CEO-JSW SPORTS

Since the time the idea of a High Performance Training Centre was first floated in our offices over 7 years ago, the target for us was always to provide Indian athletes world class facilities and expertise to help them realise their true potential. As a professional sports person myself, being a part of this revolution in India's Olympic movement has been a thoroughly rewarding experience for me personally, as well as the team at JSW Sports. The journey so far has been nothing short of a rollercoaster ride, and with the institute now entering its third year of operation, it gives me immense pleasure to see our dream taking shape and being welcomed by stakeholders across the Indian Sports ecosystem and corporate India.

That night in Rio de Janeiro doesn't seem too long ago when Sakshi Malik fought through a round of repechage to finally end India's medal drought at the 2016 Olympics with a bronze that was worth its 'wait' in gold.

The emotions were high for all of us watching that final bout, and even as the fanfare refused to halt for a while, the satisfaction and sense of validation on having played a supporting role in Sakshi's journey was tremendous. It is this journey of many such Sakshis that we're confident of making an impact on through the Inspire Institute of Sport. And if the recent performances of some of our athletes are anything to go by, I think we're on the right track!

We find ourselves amidst a period of tremendous uncertainty currently and the sporting world, like everything else around us, has been hit severely. In an ideal scenario, we should have been under 100 days away from the Olympics in Tokyo, an edition that would have marked a century of Team India's participation at the Games and one that promised to be a watershed moment for sport in the nation.



However, despite the postponement of the Olympics, we are as confident as ever, if not more, about the position IIS has been able to carve out for itself in Indian sport. Between Rio and Tokyo, our scouting program has grown by leaps and bounds, and it is at IIS that close to 200 of India's most promising athletes, across disciplines, have found a home like none other.

With 6 of our athletes already having qualified for the Tokyo Olympics, and close to a dozen more knocking on the doors of qualification before the halt in sporting action, we are now focused on providing the best management, mentoring and support systems to help athletes get through this period and achieve their Olympic dream next year. Routine and periodic sessions with nutritionists, psychologists and remote training facilities are being offered to help athletes during this time.

The countdown clock on campus may have been reset, but it continues to provide a constant reminder for each of our athletes and support staff of their goal. The training environment being provided at the institute has been praised by athletes and coaches alike, making IIS a model high performance centre for many sports.

At the core of IIS is our vision to help India's Olympic athletes, current and prospective, get the best facilities and training environment right here in India. To ensure that happens, it is crucial for us to develop strategic partnerships with relevant sports federations and institutes, and create bonds that benefit the Indian athlete, wherever he or she is based. I highlighted this in my last message and I am pleased to share that we've taken some very concrete steps forward in that direction over the past year.

We've signed a significant High Performance Partnership this year with the National Rifle Association of India to identify, train and develop talent in a sport that has given India plenty of success at the highest level – shooting. With this, India's shooters preparing for the Olympics in Tokyo and Paris (in 2024) will have full access to IIS facilities and a first such conditioning camp has already been successfully hosted at the centre. In Hisar, India's wrestling and boxing hub, we are working to renovate existing facilities at the famed Giri Centre and develop a feeder centre for IIS. That apart, we've consolidated our partnership with the Boxing Federation of India and hosted the men's national camp for over two months this past winter, which included a multi-nation training and exposure camp. All these partnerships are aimed at helping us increase the extent of IIS' outreach and scout the best talent from across India.

The year has also seen us expand our IIS family and we now have the support of 28 donors and partners who believe in our vision. Together, we are building a community of support systems through these partnerships that are playing an essential part of India's sports development. For that, I'd like to thank all our existing and new donors for being a part of our journey, and count on your continued support as we take IIS forward.

They say adversity is the best teacher, and I am confident that our experiences and learnings through this period of hardship will strengthen our resolve to use sport to unite us and help Indian sport reach greater heights. I sign off with the hope that the next time I write to you, we have an even stronger contingent of athletes on their way to Tokyo.

Wishing you Good Health.

MUSTAFA GHOUSE
CEO, JSW SPORTS

IIS OLYMPIC QUALIFIERS



WRESTLING

BAJRANG PUNIA

Bajrang had a stellar season as he qualified for his maiden Olympic Games after winning Bronze at 2019 World Championships in Nur-Sultan. The 26-year-old from Haryana is one of India's biggest medal prospects after achieving the World number 1 ranking in the 65 kg category in 2019. He was rewarded with the Padma Shri and the Rajiv Gandhi Khel Ratna Awards last year for his consistent performances over the past few years.



Bajrang has been a regular visitor at IIS since 2018, with IIS providing him a coach, full-time physiotherapist, foreign exposure camps, and sparring partners to help him work on his technique and training regimen ahead of the Tokyo Olympics.



JAVELIN THROW

NEERAJ CHOPRA

Neeraj Chopra made an outstanding comeback to competitive sport with a throw of 87.86m to win the ACNE League Meeting in South Africa at the end of January and book his berth at the Tokyo Olympics. The throw was Neeraj's second furthest throw ever after his national record throw of 88.06m enroute to his Gold at the 2018 Asian Games. The event, part of a two-month training stint in Potchefstroom, was Neeraj's first meet since September 2018 as he missed out on the entire 2019 season due to an elbow injury to his throwing arm that needed him to undergo surgery.

After undergoing an elbow arthroscopy surgery in May 2019, Neeraj spent months recovering at IIS before shifting base to South Africa in November. All of Neeraj's post-op rehab has been structured and monitored by a team of IIS experts including 2 physiotherapists, strength and conditioning experts, an exercise physiologist, nutritionist, and a massage therapist.



IIS OLYMPIC QUALIFIERS



3000M STEEPLECHASE

AVINASH SABLE

Army man Avinash Sable qualified for Tokyo 2020 by clocking a national record timing of 8:21.37 in the Men's 3000m steeplechase final at 2019 World Championships in Doha. The 25-year-old bettered his own national record of 8:25.23, which he had clocked during the first round heats in the same meet.



Due to lack of quality competition in India, the IIS athletics program found Avinash a training camp in Morocco for training alongside quality distance runners under coach Rizqi Boubker.



BOXING

VIKAS KRISHAN

Commonwealth, Asian Games and World Championship medal-winning boxer Vikas Krishan Yadav started his Pro Boxing career in style in 2018, winning both his bouts on American soil. After returning to the amateur boxing fold with an eye on an elusive Olympic medal, the pugilist from Bhiwani went on to become only the second Indian boxer after Vijender Singh to qualify for three Olympic Games after some dominating performances at the Asia-Oceania Olympic Qualifiers in Jordan, just before the COVID-19 pandemic wreaked havoc in the international sporting calendar.

After returning to India from his pro-boxing stint, Vikas underwent rehabilitation from a back injury at IIS and spent more than 3 months at the Institute training with coach Ronald Simms Jr. and then with the Elite Men's boxing camp ahead of the Olympic qualifiers.



IIS OLYMPIC QUALIFIERS



BOXING

ASHISH KUMAR

One of India's most promising boxers, Ashish capped an incredible year by overcoming the tragedy of losing his father a month before the crucial Asia-Oceania Olympic qualifiers to win Bronze and seal his berth at the Tokyo Olympics. After capturing India's only Gold medal at the Thailand Open last year, Ashish has cemented his place in the 75 kg weight class, making steady progress on his way to achieving a lifelong dream of competing at the Olympic Games.

Ashish spent 3 months of his off-season at IIS, first with coach Ronald Simms Jr. and then as part of the Elite Men's National Camp.

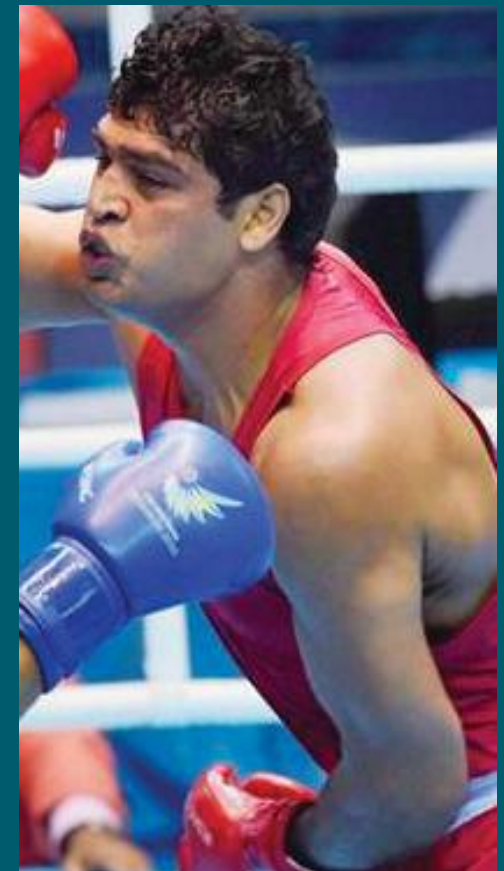


BOXING

SATISH KUMAR

One of India's best known super heavyweight boxers, Satish Kumar has been a constant in the Indian national team for close to a decade. Having medalled at the Asian Games, Asian Championships and the Commonwealth Games, the big man from Bulandshahr has carved a niche for himself as India's go-to competitor in the heaviest Olympic weight category. Since winning the Silver at the 2018 CWG, Satish has gone from strength to strength, representing India at the World Championships and moved one step closer to his Olympic dream by creating history and becoming the first Indian super-heavyweight boxer to qualify for the Olympics by winning a Bronze at the Asia-Oceania qualifiers in Jordan.

The 30-year-old veteran has been a regular visitor at IIS, having spent multiple stints at the Institute, including with the Elite Men's National Camp which also saw visiting boxers from Italy and Australia.



CHAMPIONS SPEAK



Wrestling

BAJRANG PUNIA

“

All the facilities that these young athletes are getting at IIS are world class and there isn't anything missing that should keep them from achieving their goals. Typically in India, athletes only get exposure to such infrastructure and expertise when they reach national camps, so it is heartening to see such a centre available for junior wrestlers in India and I'm sure they will benefit greatly from it.

”



Wrestling

POOJA DHANDA

“

IIS provides a great training environment for us athletes. While we do have to spend periods of time training abroad and at national camps, I look forward to the short stints where I come back to IIS for training and testing. The younger wrestlers here are learning important facets of training from a young age and this will benefit them as they grow in the sport.

”



Boxing

NIKHAT ZAREEN

“

Every possible requirement that an athlete can have are all fulfilled here under one roof. Personally, I've grown as a boxer due to the guidance of the IIS Boxing Program and our support staff, who were helpful when I was undergoing rehabilitation from my shoulder injury.

”



Wrestling

UTKARSH KALE

“

I feel lucky to be able to use the facilities at IIS, since it is by far the best training centre in India. I have access to my own coach here and the expertise across areas such as physiotherapy and strength conditioning has helped me recover stronger from my knee injury.

”



Athletics

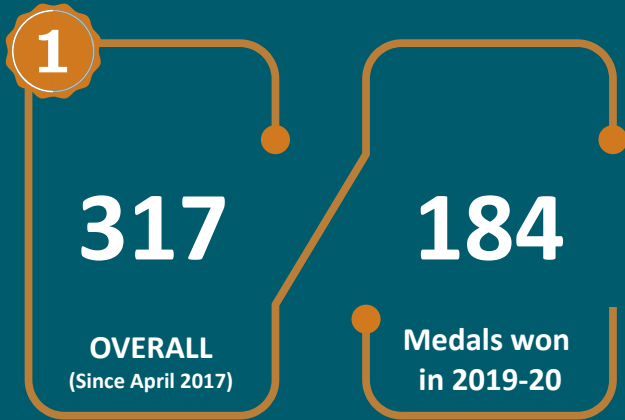
ARPINDER SINGH

“

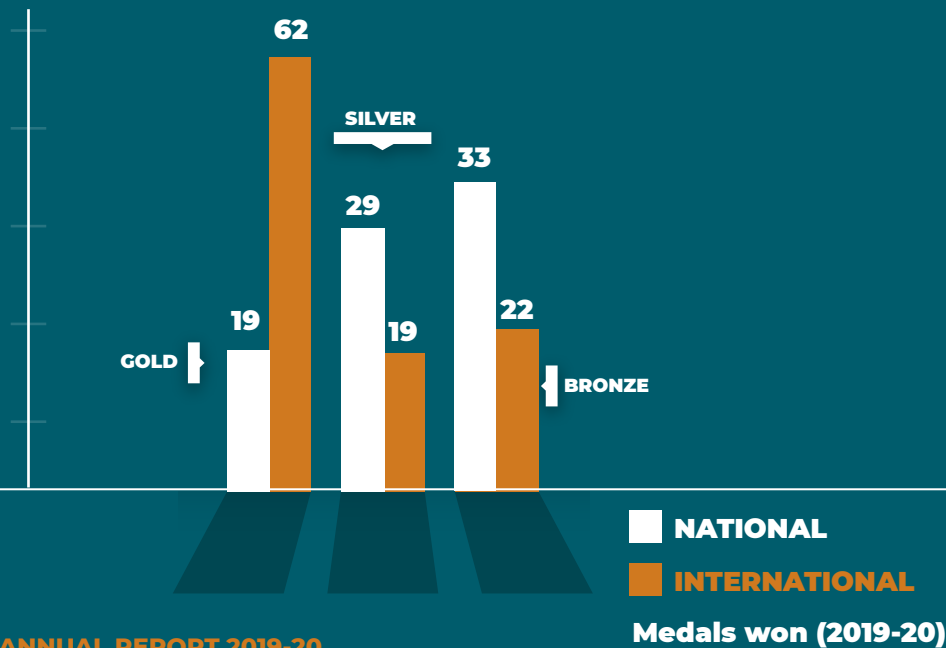
The infrastructure and technical training at IIS is a notch above any such Centre in India, and at par with other institutes I've been to around the world. My time here helped me improve on my technique and I was able to focus on having a good off-season to prepare for competitions with a target of Olympic qualification.

”

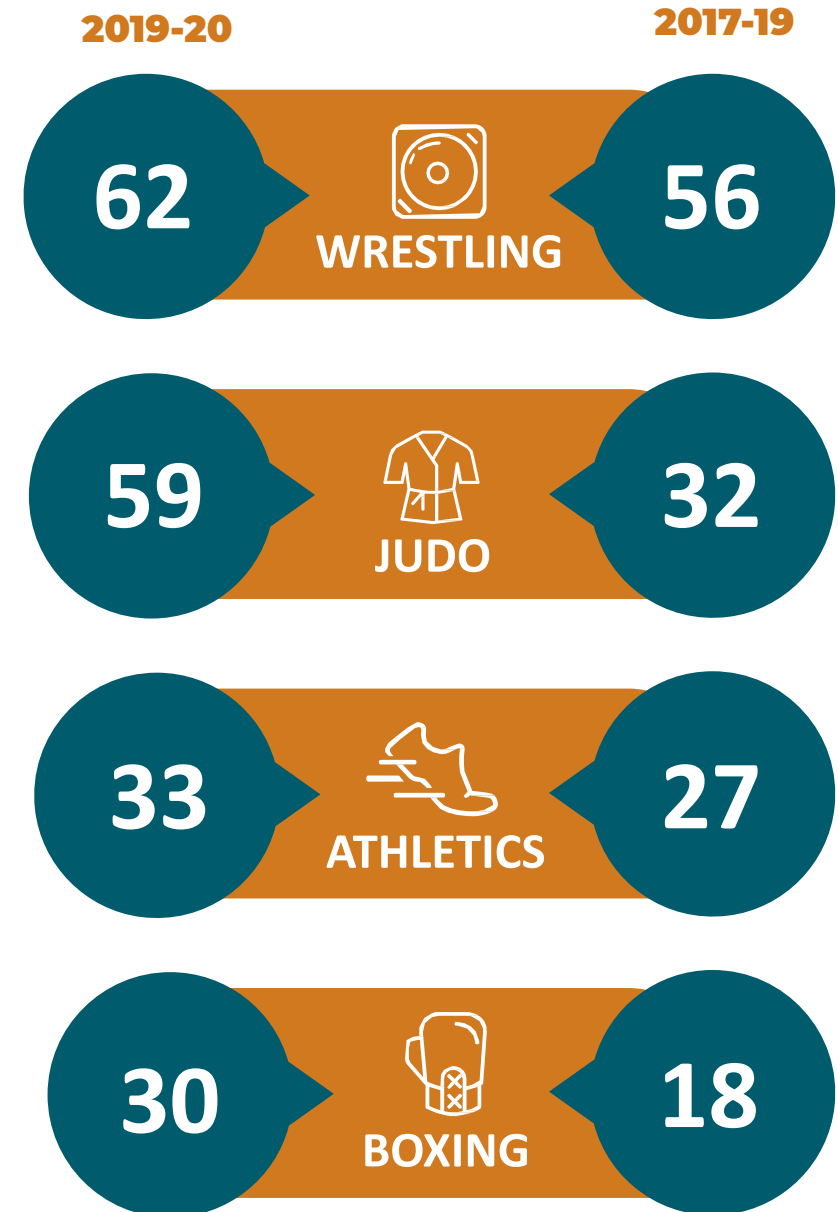
FACTS AND FIGURES



Medals won as of 31st March 2020



The number of medals won by IIS athletes has been increasing exponentially over the years.





101

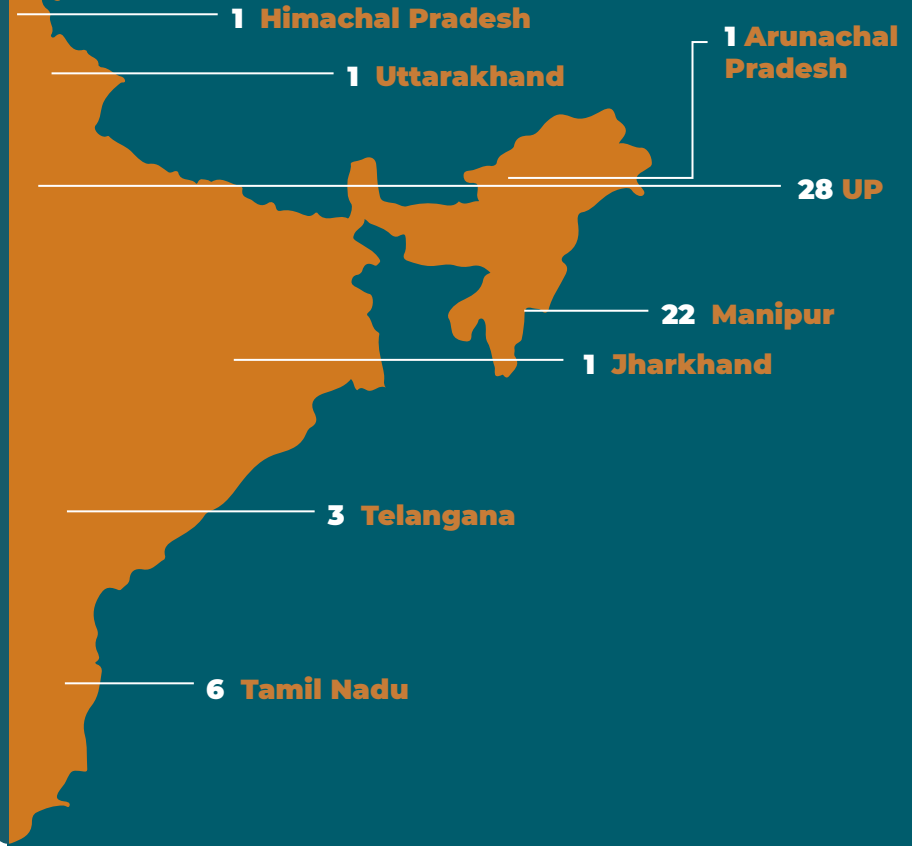
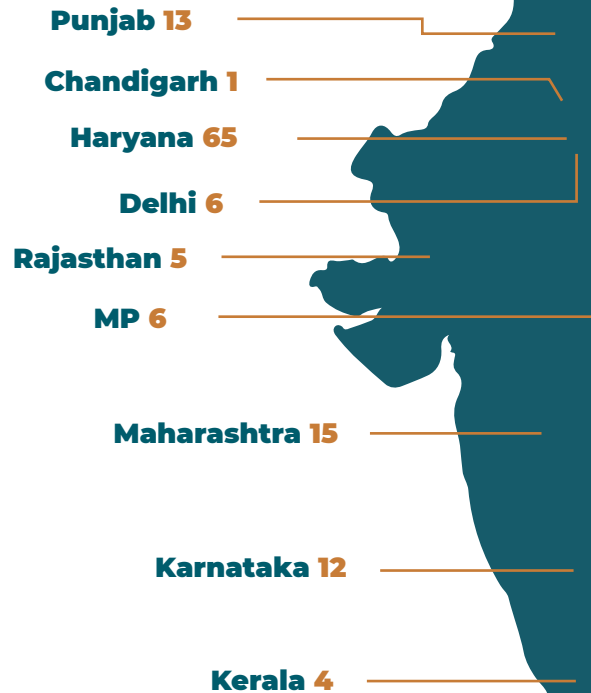
MALE

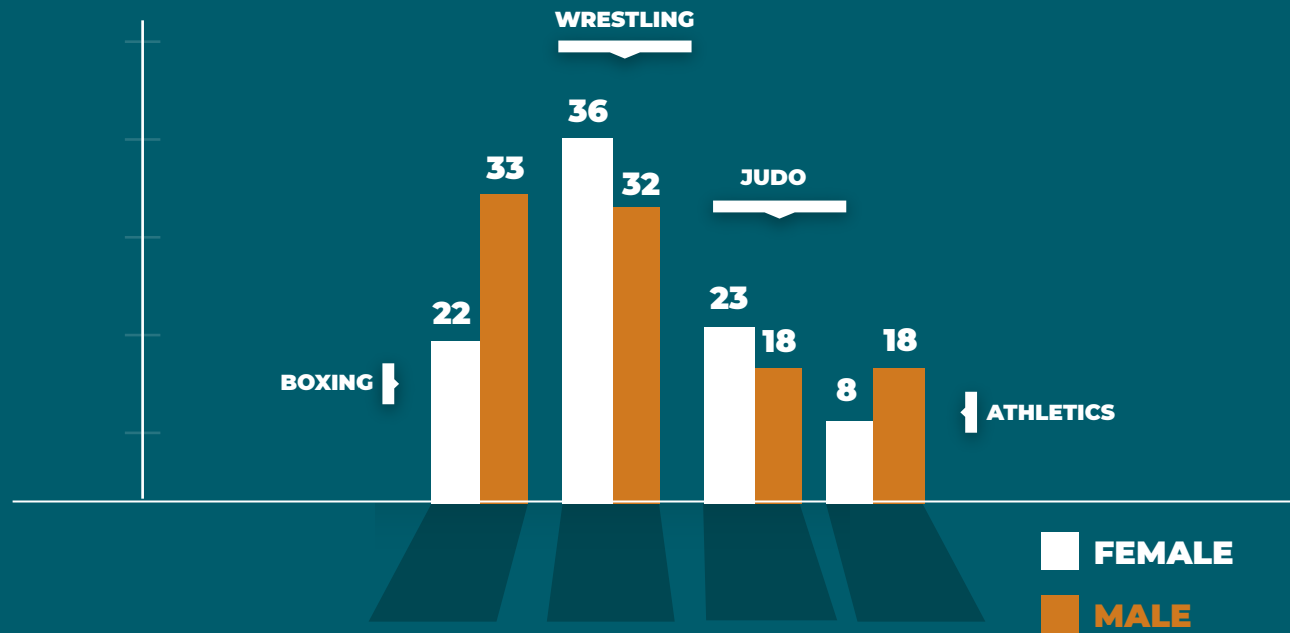


89

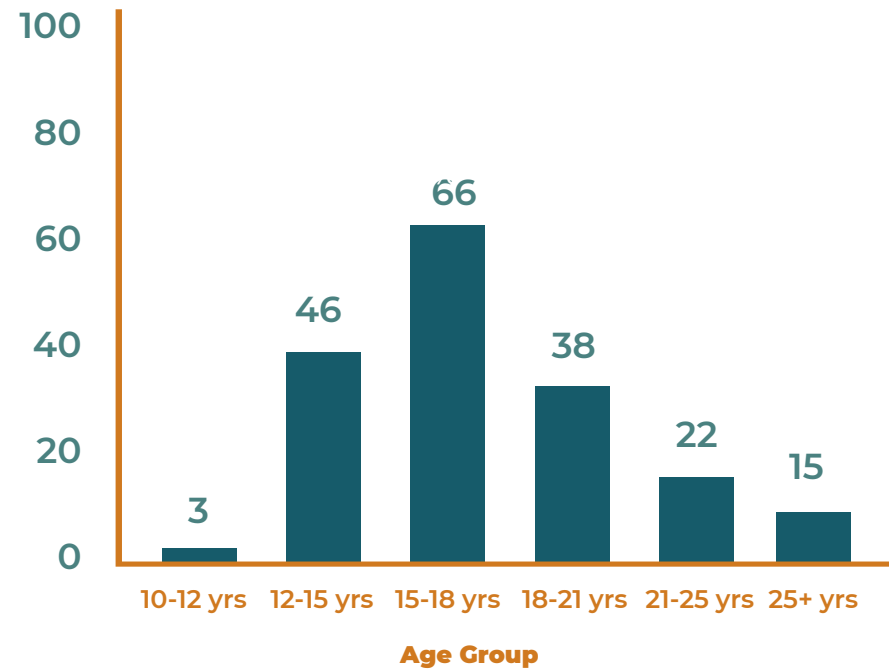
FEMALE

TOTAL NUMBER OF ATHLETES : 190





Number of Athletes : By Discipline



KHELO INDIA YOUTH GAMES 2020

At the 3rd edition of the Khelo India Youth Games held in Guwahati, Assam from 10-22 January 2020, 26 of the 29 IIS athletes that participated won medals with 14 Gold, 7 Silver and 5 Bronze medals. This was a 62.5% increase in medals compared to the previous games. Our judokas delivered some power-packed and dominating performances bringing home a whopping 16 medals. With top-class skills in crunch bouts, our young boxers bagged 6 medals at the games. We had a 100% win record in wrestling and athletics as our athletes came home with a medal each.

3



WRESTLING

1



ATHLETICS

16



JUDO

6



BOXING

Medals Won: By Discipline



IIS Athletes enjoyed a successful run at the Khelo India Youth Games 2020 in Guwahati, bagging 26 medals



AWARDS & ACCOLADES

Rashtriya Khel Protsahan Puruskar in the field of 'Encouragement of Sports through CSR' in September 2018

FICCI India Sports Awards 2018 for the category of 'Best Company Promoting Sports' by the Federation of Indian Chambers of Commerce and Industry

'Khelo India Talent Development Centre', accredited by the Ministry of Youth Affairs & Sports, Govt. of India.



IIS Founder Parth Jindal receiving the 2018 Rashtriya Khel Protsahan Puruskar from Hon'ble President of India Sh. Ram Nath Kovind



Head of Sports Excellence and Scouting Manisha Malhotra receives the FICCI India Sports Award from Union Sports Minister Sh. Vijay Goel



**International Coaches
& Support staff: 11 from
6 countries**



**Full-time staff
at IIS: 59**



**Campus spread
over 42 acres**



**Number of athletes at
full capacity: 300**



**Supporters and
Partners: 28**



**Number of Training
camps hosted
at IIS: 13 (FY 19-20)**

COVID-19 PRECAUTIONARY MEASURES

We are taking strict precautionary measures at the Inspire Institute of Sport since all the athletes and staff live in a closed community here. All the athletes residing inside the facility are not permitted to step out of the campus and no one is allowed to enter the premises with the exception of key staff (living in the Vidyanagar Township) and food vendors. All vendors go through a thermal screening before being allowed to enter IIS. We have a strict protocol in place once food has been delivered to ensure that all containers and food are sanitized.

A team of doctors from the Jindal Sanjeevani Multi-Specialty Hospital visited the institute for an informative session on COVID-19 and the precautionary measures to be taken at the institute. Additionally, medical screening of all the athletes and staff present on-campus was undertaken. Athletes are being closely monitored on a daily basis for any flu-like symptoms.

Some staff were outside of Bellary prior to the lockdown and have been requested to stay where they are in self-isolation. There is regular cleaning taking place throughout the day in the institute, which was a common practice before this as well. Our athletes have also taken the responsibility to keep their rooms and surroundings clean. We have also converted some hostel rooms into isolation rooms in case any athlete develops flu-like symptoms. While we have enough space in our cafeteria and encourage athletes to socialize and eat their meals together, during this time, meal times at IIS have now moved to dedicated slots for different groups of athletes to create more space and allow for social distancing.

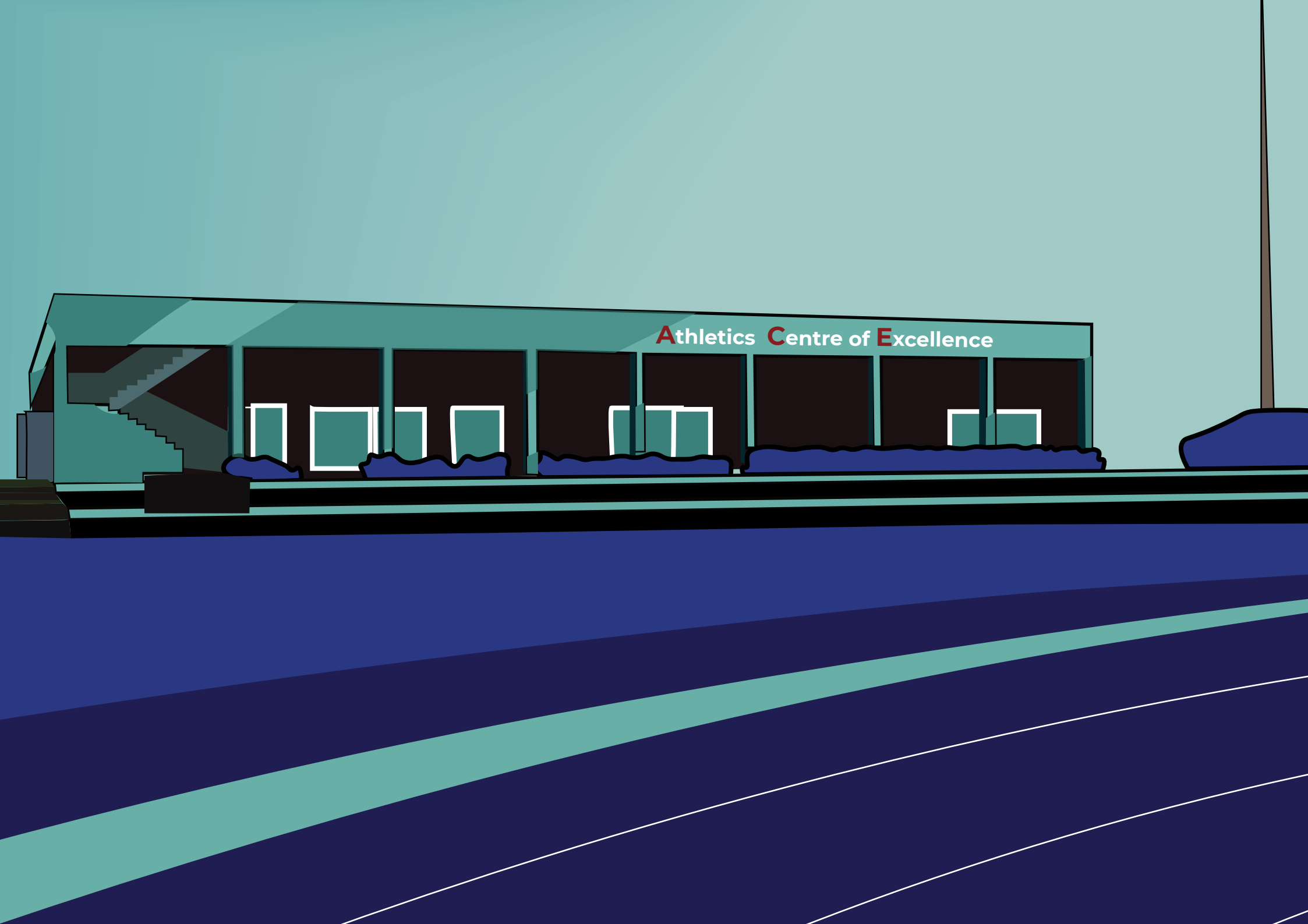
We have modified individual training across all sports and we are trying to train more in an open outdoor environment like on the Athletics Track, where athletes can spread out and train, ensuring social distancing at the same time.

Our contact sports (Boxing, Judo, Wrestling) have moved away from contact sessions to focusing more on conditioning and technical routines without partners.

Since these are challenging times, we organized group psychology sessions for all sports with our Sports Psychologist, Dr. Chaitanya Sridhar. Athletes were allowed to express themselves openly on their concerns, fears, apprehensions and how they were coping with the current situation. This was followed by a session with the coaches to provide feedback based on the group sessions. To educate our athletes staying at home and providing the necessary physiotherapy support, our Physiotherapy team put together a series of injury prevention exercises with basic or minimum equipment for athletes to perform at home.



Athletics Centre of Excellence



ATHLETICS



ANTONY YAÏCH

Head of Track & Field, IIS

18

MALE

8

FEMALE

TOTAL NUMBER OF ATHLETES : 26

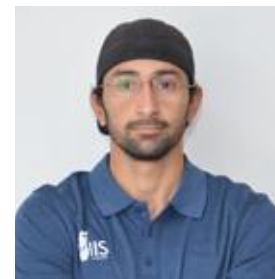
MEDALS Gold: 17 | Silver: 12 | Bronze: 4 | Total: 33



ASSISTANT COACH
BALA CHAITANYA



PHYSIOTHERAPIST
SUMESHEN MOODLEY



S&C COACH
DHEERAJ SHIVRAN



MASSAGE THERAPIST
MOHAMMED AKBAR ALI

IIS ATHLETICS PROGRAM: YEAR IN REVIEW



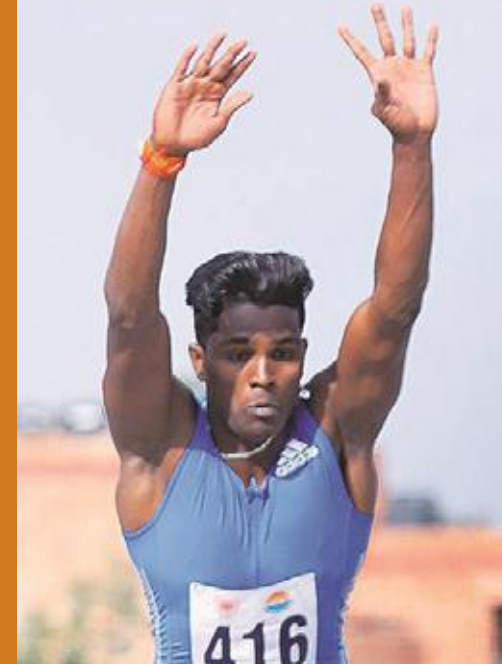
IIS is home to 3 junior national champions in Athletics: Praveen Chithravel, Jeswin Aldrin and Tejas Shirse, in the triple jump, long jump and 110m Hurdles respectively while Rubina Yadav (High Jump) and Praveen also hold junior national records. Neeraj Chopra and Avinash Sable have booked their berths at the Tokyo Olympics while four of our athletes have qualified for the World Junior Championships. Tajinderpal Singh Toor, Avinash Sable and Annu Rani brought home medals at the Senior Asian Athletics Championships in Doha. At the South Asian Games, youngsters Rubina and Surender Jayakumar picked up senior international medals for India, while the country's flag bearer at the event Tajinder won yet another Gold at the continental level. Asian Games Triple Jump Champion Arpinder Singh shifted his training base to IIS and

trained with the Athletics Program for over 10 months in his bid to qualify for the Olympics.

Three IIS athletes underwent a five-week training camp in South Africa along with head coach Antony Yaïch earlier this year, where they gained valuable international training and competition exposure. The athletes are continuing with their current training regime as they wait for clarity on the competitions going ahead.

PRAVEEN CHITHRAVEL

The 19-year-old triple jumper followed up his Youth Olympics bronze medal in Argentina with a gold at the Senior National Federation Cup and a new Junior National record to his name. After an injury-hit performance at the Asian Athletics Championships, Praveen was focusing on bringing home a medal for India at the Junior World Championships, which were scheduled in July 2020, before the COVID-19 outbreak.



Praveen has worked closely with IIS Track & Field Head Coach Antony Yaïch and the team of physios and trainers since his arrival at the Institute to address his injury concerns and also provide him valuable international exposure as he looks to live up to his immense potential at the world stage.

Performance Highlights

Asian Athletics Championships

Tajinder Pal Singh Toor (GOLD)
Avinash Sable (SILVER)
Annu Rani (SILVER)

Senior Federation Cup

Praveen Chithravel (GOLD)
***New Junior National Record**
Rubina Yadav (SILVER)
***New Junior National Record**

Junior Nationals

Tejas Shirse (GOLD)
Jeswin Aldrin (GOLD)
Praveen Chithravel (GOLD)



IIS Track & Field athletes undergo outdoor training on an IAAF-approved 400m athletics track with 4 jumping pits



COMBAT HALL

BOXING



RONALD SIMMS JR

Head of Boxing, IIS

33

MALE

22

FEMALE

TOTAL NUMBER OF ATHLETES : 55

MEDALS Gold: 8 | Silver: 11 | Bronze: 11 | Total: 30



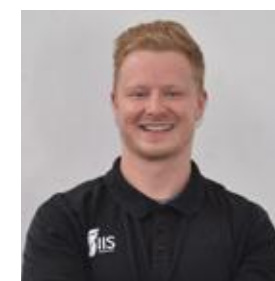
ASSISTANT COACH
ARUL VARAN



ASSISTANT COACH
Dr NEETA KUMARI



PHYSIOTHERAPIST
DHANANJAY KAUSHIK



S&C COACH
DANIEL JEFFERSON

IIS BOXING PROGRAM: YEAR IN REVIEW



A successful year for the IIS Boxing Program saw three seniors (Vikas Krishan Yadav, Satish Kumar, Ashish Kumar) qualify for the Tokyo Olympics with a total of 17 IIS Boxers representing India across age-groups. The start of 2020 saw Nikhat Zareen, Manisha Moun, Ashish Kumar and Satish Kumar winning medals at the Asian Boxing Championships in Bangkok. 19-year old S. Kalaivani, who made her international debut in 2019, and Manju Bamboriya, returning from a two-year layoff after a career-threatening knee injury, both won medals at the India Open before winning their first international Gold medals for India at the South Asian Games in Kathmandu. The team won 6 medals at the Khelo India Youth Games in Guwahati with S. Kalaivani and Nishant Dev claiming Golds.

The Boxing Federation of India hosted the Elite Men's Boxing Camp at IIS with 72 days of intense training. There were 81 campers at the Institute which included 55 of the country's top pugilists and 14 coaches. An Australian & Italian boxing contingent also joined the camp ahead of crucial Olympic Qualifiers. Five-time Australian Champion Jason Mallia and Commonwealth Games Gold medalist Harrison Garside were among the stars honing their skills at IIS.

The boxers' progress has been assessed quarterly with a Performance Evaluation Rating Technique chart. Going ahead, we plan to begin a coaching program to create a larger base for better boxing & acquire better equipment. There are also plans to implement a competition program with 6 state teams.

NIKHAT ZAREEN

Nikhat has emerged as one of India's best boxers after recovering from a shoulder injury in 2017. The 23-year-old has won medals in all colours in tournaments around the world in 2019, including a Bronze at the Asian Championships in Bangkok. A regular member of the Indian contingent, Nikhat lost out to the legendary Mary Kom for a place in Team India's squad for the Olympics and is now working hard to capitalize on her next opportunity with an eye on the 2022 CWG and Asian Games, and the Paris 2024 Olympics.



Following her shoulder injury in 2017, Nikhat's full recovery and rehabilitation took place at IIS under the watch of the Institute's faculty. She continues to be in close contact with and have short training stints with coach Ronald Simms while at national camp in New Delhi.

Performance Highlights

Asia-Oceania Olympic Qualifiers

Vikas Krishan (SILVER)
Ashish Kumar (BRONZE)
Satish Kumar (BRONZE)

Asian Boxing Championships

Ashish Kumar (SILVER)
Satish Kumar (BRONZE)

South Asian Games

S. Kalaivani (GOLD)
Manju Bamboriya (GOLD)
Vikas Krishan (GOLD)

Black Forest Cup

Kh. Anju Devi (GOLD)

Junior Nations Cup

Kh. Anju Devi (SILVER)



The IIS Boxing Program led by Head Coach Ron Simms Jr. helps seniors like Vikas Krishan and Nikhat Zareen hone their skills, while also nurturing the talents of talented boxers as young as 12 years old



MAMUKA KIZILASHVILI

Head of Judo, IIS

18

MALE

23

FEMALE

TOTAL NUMBER OF ATHLETES : 41

MEDALS Gold: 25 | Silver: 12 | Bronze: 22 | Total: 59



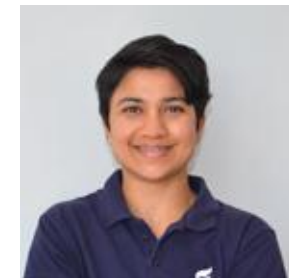
SENIOR COACH
JIWAN SHARMA



ASSISTANT COACH
R. CHANU



PHYSIOTHERAPIST
CHIRAG PANDYA



S&C COACH
SURABHI DATE

IIS JUDO PROGRAM: YEAR IN REVIEW



The past year has seen significant progress in the technical and physical abilities of athletes in the IIS Judo Program. Five IIS judokas were medalists at the 2019 Asian Cadet Championships while 4 juniors (Krishna, Savitri, Ishroop, Inungambi) brought home medals at the Commonwealth Championships in the UK. At the national level, IIS continued to dominate with our team of largely junior judokas winning 5 medals at the Senior nationals and 10 medals at the Junior Nationals. The team also brought home a whopping 16 medals at the Khelo India Youth Games earlier this year. Through close collaboration with our partners in Japan, we hosted judo coaches from the Chukyo University and two of our judokas accompanied coach Mamuka for a 3-week training camp at the University of Tsukuba during the course of the year.

The team was training hard with a focus on getting good results at the Asian Cadet and Junior Championships, which have been postponed due to Covid-19. For the current year, the target is to have more training camps and increase the competitive experiences for the young athletes as we consolidate IIS' position as the foremost academy for the sport in India.



THANGJAM TABABI DEVI

Tababi became India's first judoka (junior or senior) to win an Olympic medal, when she bagged silver at the Youth Olympic Games in Buenos Aires in 2018. She followed that up with Gold medals at the Asia Oceania Cadet & Junior Judo Championships in Taiwan. The 17-year-old's aim is to win a medal at the 2024 Paris Olympics.

Scouted into the IIS Judo program in 2017, the Institute's world-class facilities and coaching under the guidance of Head Coach Mamuka Kizilashvili has allowed her to blossom into one of India's finest judokas.



Performance Highlights

Asian Cadet Championship

Th. Tababi Devi (GOLD)
Mansi, Priya, Unnati, Bishal (BRONZE)

Commonwealth Championships

Krishna (GOLD)
Savitri, Ishroop, Inungambi (BRONZE)

Senior Judo Nationals

10 Medals

Junior Judo Nationals

5 Medals

World Police & Fire Games

Jasleen Singh Saini (GOLD)



The IIS Judo program has seen significant results over the past three years and the holistic training at IIS has helped a number of our judokas represent India at the international level

WRESTLING



DAMIEN JACOMELLI

Head of Wrestling, IIS

32

MALE

36

FEMALE

TOTAL NUMBER OF ATHLETES : 68

MEDALS Gold: 31 | Silver: 13 | Bronze: 18 | Total: 62



ASSISTANT COACH
YANDRO QUINTANA



PHYSIOTHERAPIST
Dr ROHIT CHHABRIA



S&C COACH
SPENCER MACKAY



S&C COACH
ABHINAV .M

IIS WRESTLING PROGRAM: YEAR IN REVIEW



Team Wrestling had some memorable moments over the past 12 months with Gourav Baliyan, Komal and Suraj Annikeri winning a host of medals. Bajrang Punia continued his stellar run of form and qualified for his maiden Olympic Games. Seven IIS wrestlers (Pinki, Nirmala Devi, Sakshi, Bajrang, Jitender, Gourav Baliyan, Rahul Aware) were on the podium at the Senior Asian Championships in New Delhi earlier this year. At the South Asian Games in Kathmandu, seasoned pro Sakshi Malik brought home Gold along with an exciting troika of juniors in Gourav, Ravinder and Pinki. The three teenage wrestlers (Neelam, Aarju, Sushma) that took part in the Khelo India Youth Games returned with medals in their respective categories, while a total of 5 wrestlers (Pooja Yadav, Praveen

Malik, Mukul Mishra, Vandana and Gesu Rahangdale) won medals at the Khelo India University Games. IIS hosted wrestlers from the St. Joseph Academy in France twice, while a group of our athletes participated in a 12-day training camp in Kazakhstan.

As they recalibrate training plans for a post-COVID schedule, there are plans underway to host more training camps at IIS and have exposure trips for promising wrestlers in the future. After noticing improvements in technique and physical abilities of the wrestlers over the past two years, we are taking in more feedback from the sports science staff to effectively target shortcomings.

GOURAV BALIYAN

Gourav has emerged as one of India's most exciting young wrestlers after winning the Junior, Under-23 and Senior Nationals in 74kg weight category to cap off an extraordinary 2019 season. Hailing from a humble family in riot-hit Muzaffarnagar district, Gourav learnt his trade at his uncle's *akhara* before shifting base to Nirdosh Baliyan Academy in neighbouring Shahpur. Representing India in the hallowed 74kg class made famous by the nation's only double Olympic medalist Sushil Kumar, the 18-year-old has big shoes to fill and immense potential which is sure to see him achieve international success for Team India in the years to come.



Gourav arrived at IIS in March 2019 & his raw talent has been harnessed ever since to take his game to the next level by the coaching team at the Institute.

Performance Highlights

Senior World Championships

**Bajrang Punia (BRONZE)
Rahul Aware (BRONZE)**

U-15 World Championships

Komal (GOLD)

**Junior Nationals
U-23 Nationals
Senior Nationals**

**Gourav Baliyan (GOLD)
Gourav Baliyan (GOLD)
Gourav Baliyan (GOLD)**

Junior Asian Championships

Praveen Malik (GOLD)

Cadet Asian Championships

Suraj Annikeri (BRONZE)



Stronger, Faster and more agile, IIS' wrestling cohort under Head Coach Damien Jacomeli has benefited from targeted sports science interventions and strength training led by the IIS team of experts

CHAMPIONS OF TOMORROW

SURAJ ANNIKERI WRESTLING

It was always going to be *kushti* for Suraj, whose father, a former national wrestler himself, passed on his love for the game to Suraj and his two younger sisters. Making an impact from a small town in Karwar, however, was always going to be a challenge in a sport dominated by states like Haryana, Uttar Pradesh and Maharashtra. "I never let go of my belief and always knew I could make it," says Suraj, belying his reserved 17-year old frame.

He got his chance on being spotted by an IIS scout in early 2018 and has not looked back since then. After narrowly losing out on a Gold medal in the Khelo India Youth Games, Suraj vowed to do better. Armed with a work ethic that has received praise from all his coaches, he put in the paces on the mat and off it, growing physically stronger and more agile while working on his technical flaws. The results: national champion in his category, followed by a bronze at the Cadet Asian Championships - his first ever trip abroad! And the icing on the cake was a 5th place finish at his debut Cadet World Championships.

Hails from Karwar, Karnataka

Joined IIS in 2018

Khelo India School Games Silver in 2018

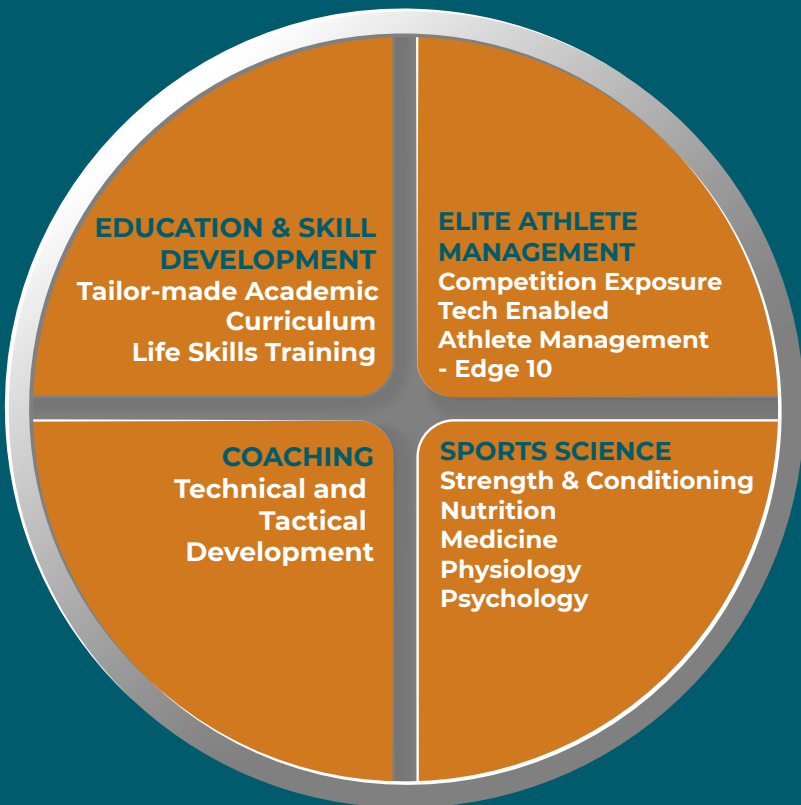
National Champion in 2019

Asian Cadet Championships Bronze in 2019



CREATING A WORLD-CLASS TRAINING ENVIRONMENT

Inspired by governing standards of Centres of Sports Excellence across the world, IIS has structured its programs with a 360-degree holistic approach, leading to overall development, sustainability and empowerment of the athletes. The four inter-connected disciplines of Education & Skill development, Coaching, Sports Science and Elite Athlete Management, make IIS a unique proposition in the Indian sporting ecosystem.





1. STRENGTH AND CONDITIONING

At the heart of IIS' sprawling campus is the High Performance Centre that houses the 16,000 sq feet gymnasium where all strength and conditioning of the athletes happen. Treadmills, rowing machines and cross trainers apart, there is also a 50m running track for the purpose of conducting speed tests. The state-of-the-art equipment helps our trainers get enough information on the progress of our athletes, and allows them to make changes accordingly in order to improve their performance.



"The gym blew my mind. I've trained in many gyms and High Performance Centres across the world, but this facility stands out. The constant monitoring of my program is helping me improve no doubt.

- IIS Triple Jumper Arpinder Singh



The facility is available for non-IIS athletes as well, and this year, several athletes, across disciplines, made the best use of these



Every athlete is different, and hence his/her training requirement is different as well. That's why, here at IIS, we structure every athlete's training program differently.

- Spencer Mackay, Head of Strength & Conditioning, IIS



Our strength and conditioning coaches work closely with the sport scientists and physiotherapists to analyse ways to improve physiological factors to enhance performances. They conduct a range of periodic tests and structure the program accordingly.





The sprawling IIS gym, with state-of-the-art equipment and an indoor speed testing track, is a big draw for all top athletes visiting the facility

2. PHYSIOTHERAPY

Working closely with the Strength and Conditioning team, is our set of physiotherapists, that help prevent injuries to athletes and aid them in their rehabilitation and recovery programmes.

Equipment such as cryotherapy chambers, ice baths and sauna baths are hugely helpful in quick and scientific recovery of modern-day athletes. Working with the physios has also made the athletes more aware of their bodies, and given them a better understanding of why they do what they do at training.



Our physiotherapists have been catering to athletes from various disciplines, including tennis and cricket. The fact that there have been no cases of re-injuries is proof that the rehab and recovery programs are doing their job well. Over the next few months, IIS aims to offer a short-term course and internship programs to physiotherapists from across the country.



More athletes are coming to us directly to discuss how their bodies are feeling, which is a great sign.

- Dhananjay Kaushik, Head of Physiotherapy



CHAMPIONS OF TOMORROW

LINTHOI CHANAMBAM

JUDO

“Judo in India will become big in my time.” The clarity and confidence in Linthoi Chanambam’s voice is hard to miss. The 15-year-old has her eyes set on the big one – an Olympic medal. “Because if you don’t aim for it, how will you even get close to it?” And to get closer to that goal, Linthoi has made IIS her base since 2017.

The daughter of a farmer and a homemaker from Imphal who fights in the -57 kg category, Linthoi is the current sub-junior national champion – a title she believes she would’ve never achieved, had she not been helped by the coaches at IIS who have helped groom her from being just a raw talent to a fierce fighter. Such is Linthoi’s potential that coach Mamuka Kizilashvili rates her among the top 3 in the world in her age category. Her stay at IIS, where she studies as well, has made the youngster confident and has helped improve her communication skills – something she says wouldn’t have been possible had she chosen to train back in Manipur.

Hails from Imphal, Manipur

Joined IIS in 2017

Sub-Junior National Champion in 2018

Part of a high performance training camp organised in Japan at the University of Tsukua



3. SPORTS SCIENCE & NUTRITION

The third and equally important arm of our High Performance Centre is the Sports Science Laboratory and nutrition program for athletes. The lab and the testing protocols have been developed and designed by Dr. Kevin Caillaud and his team, that serves a wide range of purposes, from athlete health monitoring to recovering from an injury or a condition. High-end treadmills and rowing machines, manufactured specifically for professional athletes, help in testing and biomechanical analysis, which are further used for medical investigation. There's also world-class cardiorespiratory equipment like gas exchange analysers and isokinetic dynamometers that help in muscle testing and rehab.



“Testing methods for different sports have to be different. We can't use the same methods and techniques that we use on a sprinter on a judoka. The testing, and the treatment that follows is custom made for every athlete, and that makes this facility so unique.” - Dr. Kevin Caillaud



NEERAJ CHOPRA'S REHABILITATION FROM INJURY

After a successful 2018 which saw him become only the second Indian Track & Field athlete after Milkha Singh to win back-to-back Commonwealth and Asian Games Gold medals, Neeraj Chopra faced a major setback after experiencing pain in the elbow of his throwing arm before the start of the 2019 season. As an IIS athlete, Neeraj was given access to consultations with several experts in India and abroad before a decision was taken for him to undergo surgery in Mumbai with Dr. Dinshaw Pardiwala, one of India's foremost arthroscopy surgeons and IIS Advisory Board Member.

Following his surgery in early May, Neeraj's entire post-op rehabilitation was structured and monitored by a team of IIS. After an initial rehab process in Mumbai, Neeraj shifted base to IIS in July and underwent an extensive 8-week program which saw him work on his conditioning, to enable him to keep his entire body fit and competition ready while his elbow healed. He also underwent routine monitoring and testing with the IIS Sports Science department and followed a specially curated nutrition plan to track his progress and recover at a faster pace for training.

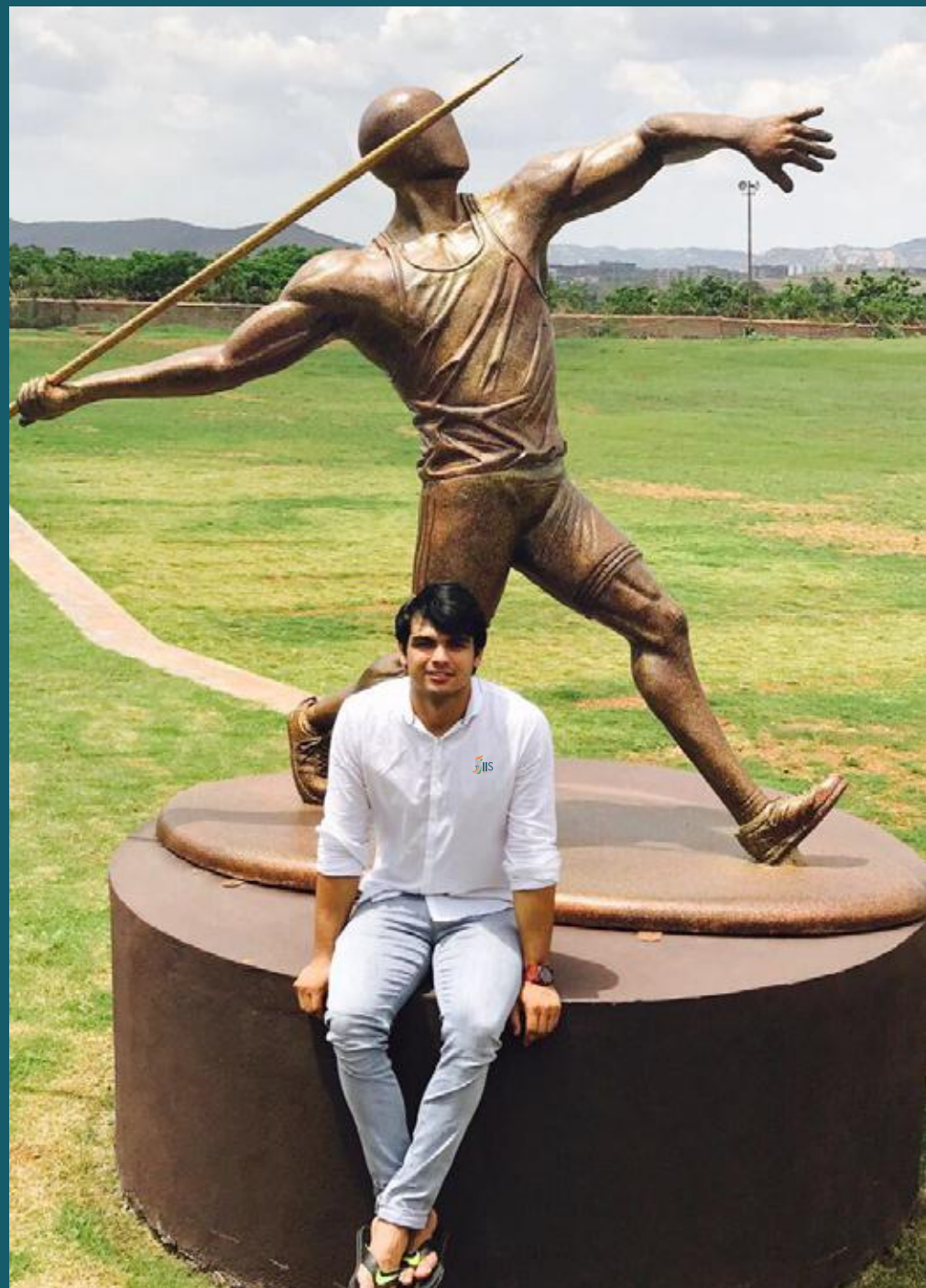


The concerted efforts of the team and direct access to IIS' high quality expertise saw Neeraj's elbow recover holistically, which enabled him to return to practice and work on his throwing gradually, resulting in his Olympic-qualification in January 2020.

“

“The training environment at IIS is among the best in the world. I am glad I was able to come here for my rehabilitation and look forward to returning during the off-season next year.”

The team of experts working directly with Neeraj during his rehabilitation included 2 physiotherapists, Strength & Conditioning experts, an Exercise Physiologist, Nutritionist and a Massage Therapist.



4. EDUCATION

The learning centre at IIS helps prepare our student-athletes for their future by giving them the advantage of a formal school education. School going IIS athletes study at the IIS Learning Centre and are enrolled into the CBSE affiliated Jindal Vidya Mandir school located in the nearby Jindal township. The exposure to the healthy learning environment and companionship of peers from a cross-section of society helps them integrate easily into the larger social fabric and be well equipped with the life skills required. A basic formal education and a degree are must-haves to pursue higher education and to be employable. Our Academic and Skill Development Program is geared towards preparing our athletes for a successful transition into adulthood and employability and gives them a head start in the biggest arena they will face - Life.

There are 52 students supported by the Institute for the 2019-20 academic year from Grade 4 to Grade 12, who are awaiting their final examination results. After 3 of our boxers, Subhash, Parvinder and Ashish, cleared their CBSE Class 10 exams in 2018-19, six students in Grade 10 have written their 10th board papers earlier this year. In addition, a new foundation batch was also started at the Learning Centre where 11 athletes were supported to improve their communication as well as language skills. Earlier this year, trainers from The Heal Foundation were at IIS for sessions on The Protection of Children from Sexual Offences Act (POCSO) for our athletes and staff of different age groups. IIS is also unique because of the diversity in the students, who hail from all parts of India.



“My English was poor, and I never spoke with others when I first came here. Now I interact with athletes from other disciplines. I enjoy studying as well; I’m interested in books.”

- IIS Judoka Linthoi Chanambam



“At the Learning Centre, we try and connect sport and academics as much as possible. It’s extremely important for them to go to a school to get exposed to children outside IIS, which can otherwise be an isolating experience”.

- Khushboo Kakkad, Head of Academics

English communication classes were conducted for the athletes and the Boxing Federation of India coaches.

Hindi communication classes were conducted for supported athletes and foreign staff members.

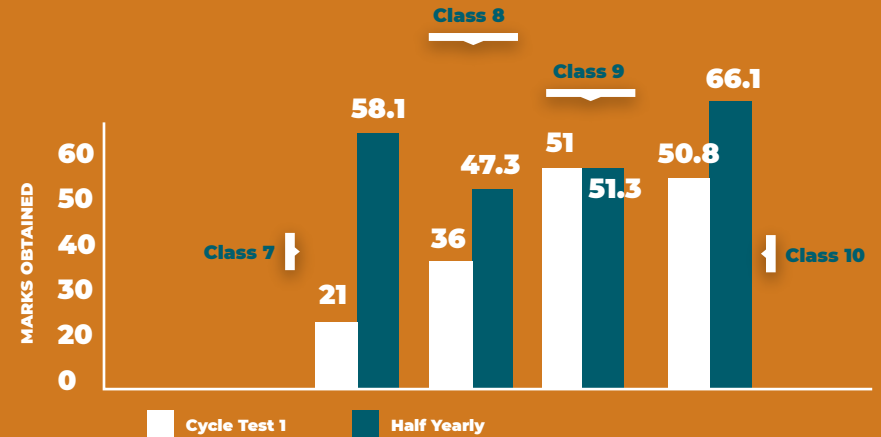
POCSO training conducted for 120 IIS athletes as well as 40 Bengaluru FC youth team players.



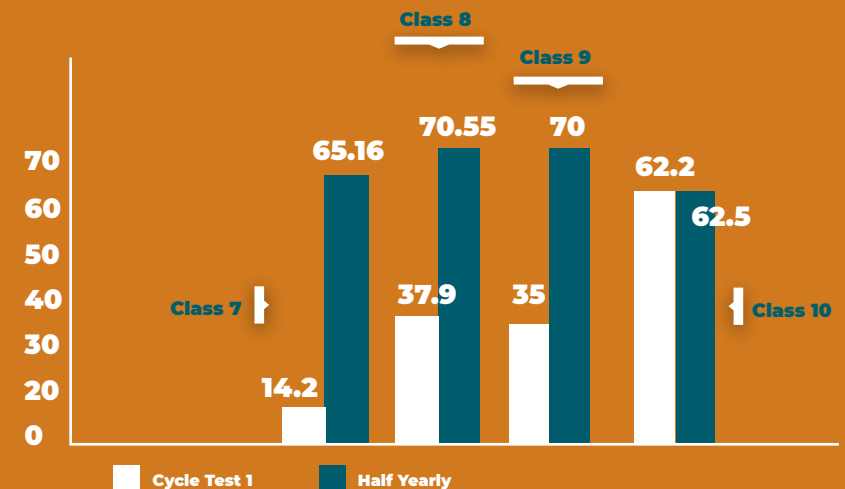
ACADEMIC IMPACT

The Learning Centre was established to cater to the needs for formal education of the student athletes, largely between the age group of 10 to 18 years. The main objective is to enable the athletes to prepare for and appear in the mandatory Board Examinations so that avenues for higher education as well as employment remain open for them. Through education, our teachers also equip the athletes by imparting soft skills & life skills training to help them grow into empowered individuals and role models for the society. The students are encouraged to participate in group work and to communicate effectively and develop a sense of belonging as well as provide them with a platform to express themselves confidently. Our staff also ensures that no student's education is neglected and conduct remedial classes for specific subjects, depending on an athlete's needs.

The chart in the adjoining page highlights the difference between the marks obtained by students in the quarterly examinations (Cycle test 1) and the half-yearly examinations in English. Class 7 students showed the biggest improvement as their average marks almost tripled while Class 8 and Class 10 also saw an increase in marks.



The chart below compares the marks obtained by students in the quarterly examinations (Cycle test 1) and the half-yearly examinations in mathematics. The average marks obtained by Class 7 students increased more than four-fold while Class 8 and Class 9 students also saw significant improvement.



Mathematics

5. WELLNESS AND SOFT SKILLS DEVELOPMENT PROGRAMS

Holistic development has always been one of the key areas of focus for IIS athletes, and mental wellness is given as much importance as physiological health. “It is also important to understand that the athletes are from different cultural and socio-economic backgrounds,” says Academics Head, Khushboo Kakkad. “So these kind of sessions, where we discuss adolescence, identity crisis, performance pressures, help them break the shackles gradually.”

The athletes are also educated about the Olympics – the movement, its history, tradition, relevance – and that helps them put things into perspective about why they really are at IIS.

That apart, the athletes are given media training sessions by leading journalists, that helps them improve their public speaking skills, handling and understanding of mainstream and social media. Over the past year, our academic team also curated multiple events and programs for our students to participate such as a Treasure Hunt, Art and Craft workshop, Independence Day celebration and *Daan Utsav* where they learnt to appreciate the work done by our support staff.



6. FEMALE ATHLETE PROGRAM

The success of India's female athletes in recent times at the highest level has seen an influx of young girls taking up sport. At IIS, 46% of the athletes are women. Therefore, developing a Female Athlete Support Project was only a matter of time. The project aims to increase the knowledge of our female athletes on their own biological and psychological health, with the aim of improving their athletic performance in the process, reducing missed training time, and also identifying pre-existing and possible gynaecological problems that any of them may have. Most of the girls, irrespective of age, discipline and backgrounds, remain in the dark about their own anatomies, and have little or no knowledge of their menstrual cycles, and how it may eventually affect their performance.



“The idea is to teach them the basics – like differences in the male and female anatomy, impart sex education, introduce concepts like contraception, prevention of sexually transmitted diseases, and also make them aware of diet and nutrition, especially at the time when they are menstruating.”

- Saumya Khullar, Exercise Physiologist

As a part of the female athlete support project, our sports scientists have been monitoring menstrual cycles of our female athletes and through targeted interventions, have been successful in bringing down the prevalence of athletes missing periods. An increasing number of athletes are becoming aware about their menstrual health and the importance of having a regular cycle for bone health, adrenal function, healthy weight maintenance and hormonal balance. The team has also been successful in gathering valuable data on athletes from India, which will help add to the body of research knowledge.



CHAMPIONS OF TOMORROW

KH. ANJU DEVI BOXING

For Kh. Anju Devi, the very first bout she had to fight was right at home in Manipur when her parents were unhappy about their daughter's choice of sport to have a career in. But you can't help but be inspired to become a boxer if you hail from the land of Mary Kom! "I want to be her," Anju told her parents. "Except an uncle of mine, nobody supported me."

That script has changed now, with Anju's parents being her biggest cheerleaders as she makes her mark in the world of competitive boxing. The teenager who fights in the 50 kg category shifted base to Bengaluru in 2017, and subsequently to IIS – a move that has helped her grow as a boxer tremendously. The current national champion went on a Gold rush last year which included top honours at the Black Forest Cup in Germany where she was adjudged the 'Most Promising Boxer' of the tournament. "Anju is not the same Anju that arrived here. She has changed for the best. She's a brilliant athlete with an excellent presence of mind, which gives her an edge," says IIS boxing Head Coach Ronald Simms Jr.

Hails from Manipur

Joined IIS in 2017

National Junior Champion in 2018

Khelo India Youth Games Gold in 2019

Black Forest Cup Gold in 2019



IIS SOCIAL IMPACT



At IIS, we are strong proponents of the power of sport and its place within society. Through sport and our holistic development of athletes, we attempt to redefine morals and ethics by cutting across class, gender and cultural barriers. Sport also plays a vital role in the maintenance of a healthy lifestyle, having direct positive physiological and psychological effects. Through our initiatives at IIS, we aim to use sport as a tool for development and demonstrate its influence on human life.



Empowerment

We aspire to provide equality in opportunity and eliminate discrimination. By integrating coaching, life skills training and education, we prepare our athletes to face the challenges of life by imbuing the values of sport.



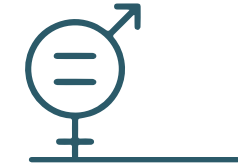
Build Confidence & Employability

Through our Academic Centre at IIS, our objective is to impart educational as well as soft skills to our athletes to help them build a strong foundation for the future and enhance their chances of employability.



Create Role Models & Leaders

Beyond simply fostering world class athletes, we want to create leaders of the future. We believe that sports play a key role in character development, inculcating values such as discipline, teamwork, diligence and sportsmanship. It also instils crucial life skills such as confidence, maturity and coping with adversity.



Gender Equality

IIS nurtures a culture for justice and equal opportunities by facilitating equal access, participation, resource allocation, and leadership for our female athletes. Through our initiatives, we aim to change harmful gender-based stereotypes and norms, fostering gender equality in our athletes communities.



Social Inclusion

At IIS, we promote social inclusion by supporting children who might slip through gaps in formal education, by providing them with life skills training, educational support and training. We strive to break barriers to enable our youth to acquire their social rights as full members of society.



Promote Sports Culture

At IIS, talented athletes are provided with opportunities based on their potential, and not socio-economic backgrounds, race or ethnicity. The aim is to spread the message of 'sports for all' by offering athletes from marginalized and oppressed backgrounds the possibility to pursue their careers in sport.

CHAMPIONS OF TOMORROW

PRAVEEN CHITHRAVEL

ATHLETICS

Son of a daily-wage farm labourer from Thanjavur, Tamil Nadu, Praveen started athletics in 2012 after being spotted by a coach in his hometown. Since his family's meagre means could not sustain his sporting career, he shifted to a sports hostel at an early age where he started showing promise, leading to him winning a bronze medal at the Youth Olympic Games in Buenos Aires in 2018. A naturally gifted jumper, the 17-year old Praveen was soon brought under the wings of IIS Athletics Head Coach Anthony Yaich who says he possesses a "craziness" that is a trademark of all top triple jumpers.

After moving to the IIS Athletics Program, Praveen has focused on recalibrating his technique and is working hard to correct structural weaknesses in his foot which were causing frequent injuries. Having already broken into the senior circuit by winning the Senior Federation Cup last year, the Tamil Nadu lad has his eyes set on his next target: the Junior World Championships in Kenya.

Hails from Thanjavur, Tamil Nadu

Joined IIS in 2018

Khelo India School Games Gold in 2018

Youth Olympic Games Bronze in 2018

Federation Cup Gold in 2019

New Junior National record in 2019



GUESTS AND VISITORS

BFI Elite Men's Training Camp including visits of boxers from the Army Sports Institute, Pune

Indian Shooting Team's Pre-Olympic training camp

Sports Minister Kiren Rijiju's visit along with DG-SAI & closely followed by Olympian Krishna Poonia

Pre-Season training camps of franchise teams: Delhi Capitals, Bengaluru FC and Haryana Steelers

Australian Strength and Conditioning Association - camps and workshops

National Cricket Academy Under 16-camps

Olympic Day celebrations with specially-abled athletes from Special Olympics Bharat

St. Joseph Wrestling Academy, France

Visits by Jonty Rhodes & Rahul Bose

Visits by judokas and coach from Chukyo University

Athletes from 'Sports For All' for a High Performance training camp.



Union Sports Minister Sh. Kiren Rijiju interacts with judokas during his visit to IIS



2010 CWG Gold Medalist and 3x Olympian Krishna Poonia at IIS during a visit to Bellary



Former South African cricketer Jonty Rhodes (2nd from left) in front of the IIS countdown clock after a tour of the facility



Boxing Federation of India's Elite Men's Team train at IIS



Sports Minister Sh. Kiren Rijju poses with the Bengaluru FC First Team who were at IIS for a pre-season camp



Tokyo Olympics-bound Indian shooters during a conditioning camp at IIS



ProKabaddi League franchise Haryana Steelers during a training session before the season



Australian Boxing Team members visited IIS for a training camp



Players and staff of the Delhi Capitals tour IIS before a conditioning camp held ahead of the 2019 IPL season



Veteran Indian cricketer Amit Mishra at IIS for a rehabilitation program with the physiotherapy team



Delhi Capitals player Manjot Kalra during the conditioning camp at IIS before the 2019 IPL season



Players from the National Cricket Academy's U-16 South Zone team after a gym session at IIS



Judo coaches from the Chukyo University, Japan with the IIS Judo coaching staff after a training session



Athletes from Sport for All with members of the IIS Track & Field Program and Head Coach Antony Yaich after an outdoor track session

IIS FAMILY: DONORS & PARTNERS

India holds the distinction of having the lowest number of Olympic medals per capita. IIS is a movement aimed at helping develop Olympic sports and athletes in the country so that they can realise their full potential and compete at the highest level. And this is where IIS is a unique concept where corporate India comes together to bring about a change in the country's sporting ecosystem and create future champions. The donors are key stakeholders in the IIS structure and are categorised as Platinum, Gold, Silver and Bronze, basis the nature of their partnership. Currently, there are 23 donors associated with IIS.

We are pleased & thankful to work with several partners who understand and share the vision of taking Indian sport forward. Sport CSR is still in a nascent stage in India and IIS provides a compelling proposition to prospective partners wishing to join us in this endeavour. Through our holistic sport-focused programs, we provide partners the opportunity to:

- Be a part of a movement to create youth role models
- Foster skill development, livelihoods, educational and societal empowerment
- Use sport as a catalyst to change
- Help India make a mark on the global sporting stage

PLATINUM DONORS



GOLD DONOR



SILVER DONORS



BRONZE DONORS



PATRONS



PARTNERSHIPS & COLLABORATIONS: TAKING IIS TO THE WORLD

As India's pre-eminent High Performance Training Centre, IIS is taking the lead in bringing world-class expertise and infrastructure for the benefit of India and Indian athletes. Through a host of partnerships with institutions, academies and programmes in India and abroad, IIS provides our athletes opportunities to train and compete with peers from different parts of the world. Besides, we are also committed to developing the Indian sports ecosystem by bringing international certifications and courses to the nation.

Some of the highlights of the partnerships we've entered in 2019-20 are:

- Australian Strength & Conditioning Association (ASCA): As ASCA's official venue partner in India, IIS has conducted 7 ASCA Courses in 2019-20.
- National Rifle Association of India: As part of an agreement with the NRAI, India's Olympic-bound shooters will visit IIS for short training stints in the lead up to Tokyo 2020.
- Board of Control for Cricket in India (BCCI): IIS hosted two National Cricket Academy U-16 Camps at the Institute in 2019.
- University of Tsukuba, Japan: IIS signed an agreement with the Japanese University for athlete exchange and exposure, sports science collaboration and Olympic education programs.
- Professional Teams at IIS: IIS hosted pre-season training camps for the Delhi Capitals, Bengaluru FC and Haryana Steelers franchises.

- Boxing Federation of India: IIS signed a 5-year High Performance Partnership with the BFI as a part of which IIS hosted the Elite Men's Training Camp in Bellary at the end of 2019.

- Association of Sports Institutes in Asia (ASIA): India's first and only Institute to be a member.

- University of Birmingham: IIS has associated with the University of Birmingham to train staff through bespoke professional development programs and provide opportunities to enhance their skills in the field of research & development.

- IIS entered into a partnership with Herbalife India to help improve the performances of our athletes through targeted nutrition.



MEDIA COVERAGE

Indian women athletes show higher deficiencies and health risks: Study

PAGE 1 ANCHOR

MIHIR VASAVDA
NEW DELHI, DECEMBER 24

IN THE last one year, Kalaivani Srinivasan has progressed from being on the fringes of Indian boxing to becoming the next big hope. The 19-year-old attributes the rapid strides, in part, to tracking her menstrual cycle. "I have been monitoring my periods since January," she says. "It has

helped me plan my training and diet."

In an environment where a conversation on this topic is ignored and considered taboo, Kalaivani is among a handful of Indian sportspeople to take this approach. For her, it's a step not only to remain healthy, but also to prolong her career.

A first-of-its-kind research in the country has shown that an alarming number of Indian athletes miss their periods and are deficient in key minerals, putting them at major risk of suffering career-threatening injuries as



Research by Inspire Institute of Sport tracked menstrual cycles of athletes

well as long-term health consequences, including osteoporosis. In fact, Indian women athletes

showed higher deficiency health risks when compared to their counterparts worldwide. Throughout 2019, a disciplinary research team comprising physiologists, nutritionists, academics and gyrologists — at Inspire Institute of Sport (IIS) tracked the menstrual cycles of the athletes training at the Bellary-based high-performance centre, home to some

India's top athletes in sports as athletics, boxing, judo, freestyle and wrestling. The centre, founded by the JSW Group, is a joint venture of the JSW Group and the National Rifle Association of India (NRAI). **CONTINUED ON P**

Inspire Institute of Sport ties up with Tsukuba university

NEW DELHI, DECEMBER 24, 2019 (PTI)



Free Trading on Stock Market - Free Book on Stock Market

ALSO READ

- Strategic Education: Justifies No Reward Free Swimming Cycles
- Kaif's source of strength: FI message hints at insights he will rely on for triumph
- Swingpunk 10: Kaka's dining suspension
- A medal in Olympics in my green: Bajrang Punia
- NRAI and JSW Group announce high performance partnership

In a first-of-its-kind partnership, the Inspire Institute of Sport (IIS) signed a Letter of Intent (LoI) with the Faculty of Health and Sport Sciences, University of Tsukuba, Japan, which will see IIS athletes receive JSW's training camps at the university and see the delivery of Olympic, Paralympic, and other educational programmes in India.

As a first step under this cooperation, IIS Head Coach Manisha Khatiwala will lead a group of 10 Indian athletes including Youth Olympic medalists, Pragyanonjali Devi, to Tsukuba later this year for a training camp with the University's sports centre.

IIS focuses on young athletes, says JSW Head of Sports Excellence and Scouting

JSW's High-Performance training centre, the Inspire Institute of Sports (IIS), has been focused on "grooming the young athletes for the future as hardly anything new could be tried at this stage for the Olympics."

KANISH BHASKARAN



NEW DELHI (13 APRIL, 2019 22:07)



"We do have a bunch of top athletes like Pragyanonjali Devi, Bajrang Punia, Nikhat Zareen, Nikhat Zareen etc. We cannot try anything new with them," says Manisha Mathuria, the Head of Sports Excellence and Scouting of JSW Group. - GETTY IMAGES

Indian sports may have turned its focus on the Tokyo Olympics in 2020, aspiring to build on the two medals won in Rio, through P.V. Sindhu and Sakshi Malik.

However, "the focus was on grooming the young athletes for the future as hardly anything new could be tried at this stage for the Olympics," the Head of Sports Excellence and Scouting of JSW, a former tennis champion Manisha Mathuria, said.

"We are focused on a bunch of young athletes. Two of our judokas are looking very good and have tremendous potential," said Mathuria as she discussed the efforts being made to lay a strong foundation, especially through JSW's High-Performance training centre, the Inspire Institute of Sports (IIS) in Vijayanagar, Karnataka.

Karnataka-based Inspire Institute of Sport provides world-class facilities and training for those aspiring to make it big in sports

The Institute trains athletes in various sports like judo, boxing, wrestling and track and field

Ritesh Mathew Perera
Gloss Live



Inspire Institute of Sport, Karnataka

With the likes of sports stars like Sakshi Malik, Bajrang Punia, Neeraj Chopra, Nikhat Zareen and the Phogat sisters as their alumni, the Inspire Institute of Sport, Karnataka has certainly earned a reputation.

IIS: A Vijayanagar kingdom of sports

A 42-acre facility in interior Karnataka is busy in the business of training future Indian sports champions.

DEE BIRREDDI

03 NOV 2017 07:40:17



Asking for the sky. The centre is in the heart of the largest franchise of JSW.

Triple-jumper Preenav aims for the big one

Olympics postponement gives him time to accelerate his preparedness

S. PRASAD

THEMISRA

"Fortunate". This was the spontaneous response of triple-jumper Preenav Chatterjee, a bronze-medalist at the 2018 Youth Olympics, who has been with the Inspire Institute of Sport (IIS), Vijayanagar, Karnataka, for over a year now. A native of Chettichattam in Thiruvananthapuram in Kerala, Preenav said he feels quite at home at IIS during the COVID-19 lockdown. "I feel very safe here and I'm able to stay focused on my goals," he said, adding, "I was preparing for the World Athletics U20 Championships and was certain about winning a medal. But the championships slated for July got postponed due to the

pandemic. I have taken it as my stride." All the same, the postponement of Olympics has now given Preenav crucial time to accelerate his preparedness and qualify for the mega event. "I have set my sight on winning a medal in the 2024 Olympics. Right now, my entire focus is on making the best use of the time to qualify for the Olympics next year." The 18-year-old who trains under Frenchman Antony Yach, head coach, track and field, IIS, said, "After joining IIS, I have gained a lot of confidence and it has bolstered my performance. Additionally, I have improved fluency in English and also understand Hindi well. Besides, I am

picking up French from my coach alongside familiarising him with a few words in Tamil." Assistant coach Rishi Chatterjee and physiotherapist Mohammed Akbar Ali, both from Tamil Nadu, have been a great source of motivation and support for Preenav. "I keep getting calls at least four times a day from home since the start of the lockdown. My first coach Indra Suresh also calls me daily. Their affection has instilled my resolve to achieve results." Preenav does intend to go home after normalcy returns. "Yes, definitely. It has been quite a while. I am eager to meet family members and friends," he said.



Preenav Chatterjee, SPECIAL ARRANGEMENT

BFI ties up with Inspire Institute of Sport for five years

PTI | Jun 26, 2019, 16:41:57

At home with no work? Why not start making money online? Career Journal



NEW DELHI: The Boxing Federation of India (BFI) Friday tied up with the Inspire Institute of Sport (IIS), the sports training institute in Karnataka which has Abhinav Bindra and Soureav Ganguly on its Advisory Board, to ensure "state-of-the-art facilities for the pugilists."

As part of this five-year collaboration starting this month, the BFI will look to

conduct camps as part of its high-performance training programme and IIS will play a key role in shaping the boxers as the official High Performance Partner for the BFI, a press release stated.

Olympic-bound shooters undergo high performance camp at Inspire Institute of Sport

PTI | Feb 17, 2020, 11:17:57

At home with no work? Why not start making money online? Career Journal



Shooting range in Bellary

BELLARY: India's Olympic-bound shooters recently underwent a training-cum-conditioning camp that had nothing to do with rifles and pistols, aiming instead at helping them better manage the rigours of elite sport.

As part of the High Performance partnership between the JSW Group and the National Rifle Association of India (NRAI), 11

members of the senior squad underwent a five-day camp that concluded on Sunday at the renowned Inspire Institute of Sport.

IIS: SNAPSHOT OF PROGRAM EXPENSES

Expenses	Amount (Rs. Cr)				*unaudited
	Wrestling	Boxing	Athletics	Judo	
A. Junior Athletes					
Technical Coaches Professional Fees	0.67	0.62	0.59	0.80	
Sports Science, Physiologist & Physiotherapist, Athlete Management Professional Fees	1.19	1.14	0.41	1.09	
Meals & Nutrition	0.75	0.72	0.26	0.69	
Education, Apparel, Technical Equipments & Medical Services	0.39	0.37	0.13	0.35	
Travel & Conveyance	0.26	0.24	0.09	0.33	
Stipends	0.39	0.13	0.04	0.10	
Facilities' Maintenance & Security Expenses	0.73	0.70	0.25	0.67	
Facility Rent	0.92	0.88	0.31	0.84	
Insurance	0.05	0.05	0.02	0.05	
Operational Expenses	0.14	0.13	0.05	0.13	
Total	5.51	4.97	2.15	5.03	
B. Senior Athletes	2.79	0.40	1.32	0.26	
Total Cost of Programme (A+B)	8.30	5.37	3.46	5.29	
Annual Operational Cost	22.43				



