

# EMPOWERING CHAMPIONS

ANNUAL REPORT  
2020-21



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## EMPOWERING THE FUTURE INDIAN OLYMPIC CHAMPIONS

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# DIRECTOR'S NOTE

*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.*

Dear Friends,

I write this with the hope that you and your loved ones are staying safe, healthy, and well. Much has changed around the world since I last wrote this note, and in many ways, things have also remained frustratingly stagnant. From the initial acceptance of riding out the disruption caused by the pandemic, to slowly inching back to competitions and more recently, getting hamstrung by the massive second wave of the COVID-19 pandemic to hit our country, to say it has been a difficult past 12 months would be an understatement!

However, I am immensely proud of the way our team at the Inspire Institute of Sport has been able to adapt to the changing needs of this 'new normal' and ensure our athletes have the most effective, and uninterrupted, training and living environment on their paths to success. Every member from the coaching staff to the administration team have worked tirelessly to enforce strict quarantine regulations and make IIS as risk-free a centre as possible.

I mentioned last year that the IIS is an institution setting benchmarks in India, and I am pleased to say that this year, with all your support and encouragement, we have raised the bar even higher and are well on the way of becoming one of the best training centres in Asia. The ranking of IIS as a 'National Centre of Excellence' for our 4 sports is testament to these efforts being recognised. It was also pleasing to see our partnership with other athlete support organisations like Olympic Gold Quest, GoSports Foundation and Lakshya Foundation take shape, as they make use of IIS facilities as training bases for their athletes.



Even though some infrastructural expansion plans were put on hold due to the pandemic, we are moving forward with our plans for a 25m pool and a new hostel block to meet the increasing demand for athletes to train at IIS. We have also taken steps to increase capacity at our existing hostels and undertaken repair work at the cricket field and nets at the neighbouring Vidyanagar township, which should allow us to host more cricket teams this year.

While training was severely restricted this past year, we organised workshops on a myriad of topics including sports nutrition, psychology, athlete wellness and physiotherapy, some of which were open to athletes outside of IIS as well. Our infrastructure and expertise have made IIS the preferred destination for India's top athletes, across disciplines, to undergo physiotherapy and rehabilitation. For instance, Indian cricketer Harshal Patel spent a month at IIS before the IPL to work on a niggling ankle injury, before joining his franchise and rising to the top of the wickets table during the curtailed IPL season. Similarly, Para-Javelin thrower Ajeet Kumar, a world championship medallist, has made IIS his base for training and rehab ahead of the Tokyo Paralympics.

Since opportunities for competition were scant, our staff devised innovative training methods to keep athletes at the top of their game, even as their peers around the country were struggling to find a place to train. All this effort bore fruit when competitions resumed and our athletes, quite unsurprisingly, recorded impressive results from the get-go. The Athletics Junior Nationals at the beginning of 2021 saw IIS athletes win 9 medals, including 4 new national records, while our wrestlers and boxers registered medal-winning performances in the first international tournaments for Team India since the pandemic.

More importantly, M. Sreeshankar (Long Jump) and Seema Bisla (Wrestling) won Olympic quotas with their performances to take our tally of qualified athletes to 8. While some boxers were unfortunate to miss out on possible Olympic berths due to a change in the qualification criteria caused by the pandemic, Track & Field athletes like Annu Rani (Javelin), Tejaswin Shankar (High Jump) and Arpinder Singh (Triple Jump) are still in contention for qualification, along with judokas Sushila Devi, which should see our presence at the Tokyo Olympics hit double digits.

IIS' capability as a host for major events also received a boost as we successfully hosted over 600 wrestlers from across the country in February for the Cadet & Junior Women's Wrestling Nationals, drawing praise from the President of the Wrestling Federation of India. In addition to our support to the Indian national

shooting team and the 15 Olympic-qualified Indian shooters, both Men's and Women's teams of Elite Indian Boxers, including all 9 Olympic-bound boxers, made IIS their home for a two-month national camp as part of our continuing high performance partnership with the Boxing Federation of India.

With the holistic development of athletes being a key tenet of IIS, it was encouraging to note the incredible academic achievements of our athletes in their Class X and XII board exams, with a 100% pass record and judoka Parignya securing 94% marks in the CBSE SSC exams. I am excited about how our athletes are developing through the targeted interventions of the IIS academic team in areas such as livelihoods training, mental and physical wellbeing, communications, and leadership.

To this effect, a great example of our collaboration with donors was the Financial Literacy Workshops for athletes we organised with Credit Suisse, and the cooking workshops in partnership with Borosil. Together with various options for vocational and soft-skill development, these workshops are allowing athletes to express themselves in ways more than one and boosting confidence, which is positively impacting their performances on the playing field.

The Countdown clock to Tokyo may have been reset, but our commitment to India and the Olympic movement remains unhindered. With new additions in our technical staff and a growth in our scouting networks, we are working around the clock to find the most talented athletes from across the country and induct them into the IIS program, with an eye on sustained international success. With only 3 years left for Paris 2024, we are determined to provide every possible opportunity for our athletes to succeed and achieve their goals of winning India medals at the biggest stage of all - the Olympics.

The constant support and backing of the IIS family of donors, even through these difficult times, is something I am extremely grateful for. I can assure you all that the disruption caused by this pandemic has only inspired our athletes to perform better and they are raring to go and show the world what they are capable of. As you read through this annual report, I hope you are too. Jai Hind.

**PARTH JINAL**

**FOUNDER & DIRECTOR, IIS**

# FROM THE JSW SPORTS CEO'S DESK

Dear IIS Family,

The past 12 months have been extremely challenging for all of us and I hope that you and your loved ones are staying safe and healthy through these tough times. Sport can feel a little trivial amidst the times we are in, but as we are seeing through the athletes at the IIS, and something that I can attest to first-hand, the power of sport to positively impact lives and bring about change is truly unparalleled. It is this positive hope that I take with myself as we enter yet another year of uncertainty around the professional sporting calendar: the hope of seeing our IIS athletes grow into smart, well-developed, and thinking athletes making a difference to their lives, their communities, and our country.

IIS has now been in existence for 4 years, or an Olympic cycle as we in the business refer to it. It has been an Olympic cycle full of learnings, experiences, hardships, and challenges that have shaped IIS into its present form. Among the many lessons that we can learn from sport is the power of consistent, incremental improvement; and that is the philosophy we take from the JSW Group to all our sporting assets: to strive to be Better Everyday! As I write this, I am delighted that this mantra of ours has ensured that the IIS is recognised by stakeholders from all over for bringing about a difference to Indian sport.

With the pandemic wreaking havoc across the country and the sporting world, we were able to create a virtual bubble and ensure training continued unaffected. We were able to resume restricted training almost immediately post the lockdown and provide a safe haven for India's top athletes to train in when there were few other options. The systems put in place by Rushdee and the staff to establish and maintain this secure perimeter at the institute has been nothing short of exemplary.



With the race against the clock well underway for the Tokyo Olympics in July, we are leaving no stone unturned to support the 8 IIS athletes who have qualified till date and are confident of them putting up exceptional performances for Team India in Tokyo. Moreover, with this current Olympic cycle already underway, we have mobilized plans and resources to best equip our athletes who are gearing up for their shot at Olympic glory 3 years from now at Paris and 7 years later in Los Angeles.

We genuinely believe in the inherent talent pool present in our country and are committed to providing all opportunities to Indian athletes to be able to realize this potential. To date, we have had over 250 athletes be part of the IIS residential programs, and countless others who have benefitted from short training and rehabilitation stints on campus. With more professional teams and athletes making use of the facility, we are gradually becoming the country's most sought-after training base. This is another aspect we will look to capitalize on through capacity additions in accommodation and in-house experts this year.

We are also strengthening our agreements with various national sports federations and the Sports Authority of India and Ministry of Sport to make IIS available to elite athletes across disciplines, genders and physical abilities. The recognition of IIS as one of a handful of National Centres of Excellence is a crucial step in that direction. Further, we are stepping up our talent identification processes by expanding our network of scouts and setting up satellite centres through partnerships with local academies in sporting hubs of the country. While we have built a strong base within India, we are also actively exploring partnership opportunities with international federations and sports bodies to provide for knowledge transfer and exposure for our athletes and staff.

The support and backing of the entire IIS Family, who have joined us in vision to make India a sporting powerhouse, has been instrumental for us to make IIS a reality. The fact that most of our partners continued to support us despite the external conditions in 2020-21 is testament to the power of this vision. In fact, we were able to grow our family of donors and patrons to 31 major corporates as of March 2021. For this, I owe my thanks to all existing and new donors and patrons who have joined us in this Olympic journey, as we continue to expand the horizon of what we can achieve through this movement.

If there is one thing that truly embodies the Olympics and Olympic athletes, it is the triumph of spirit and the pursuit of excellence. It is this pursuit that, I am hopeful, will see our athletes bring India success at Tokyo, and spur on our junior athletes to achieve their goals in Paris, Los Angeles and beyond. With all of your encouragement, I am eagerly looking forward to collectively writing this chapter of Indian sport.

## MUSTAFA GHOUSE

CEO, JSW Sports





## CEO'S MESSAGE

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Another year has passed in our endeavour to create a world class daily training environment for athletes in India, and quite a year it has been indeed! We started off with the postponement of the Tokyo Olympic Games, which was followed by a lockdown that brought the entire sporting world to a halt. We had a brief period of recovery in the form of competitions restarting but are pretty much back to where we were this time last year as this second wave of the COVID-19 pandemic engulfs India and the world.

As CEO of the institute, I could not be prouder of the effort and initiative shown by our entire technical and administrative staff over the past year to provide IIS athletes a secure training environment, managed through well-defined, and implemented, processes and protocols. Despite the many challenges facing us as a group, we were able to implement crucial interventions to stay ahead of the curve and equip athletes with the means to keep their physical and emotional well-being in check.

From setting up our own COVID-19 protection protocols to enforcing strict entry restrictions, the IIS facilities managed to remain largely unaffected. Athletes adapted to modified training methods, we put in place an app-based wellness monitoring system and were able to pre-emptively isolate any suspected COVID cases. To keep athletes and staff engaged, we used the time on hand to plan a host of informative and educational workshops, seminars and conferences with experts from across the world. Athletes outside the institute were provided video-training and counselling services and allowed to return only when the situation in the country started improving.

Taking forward our vision to be the facility of choice for all Indian athletes, we welcomed several top athletes to IIS for training and rehabilitation. All of this meant that IIS was one of the few institutes in the country to be operating at near full capacity through most parts of the year. The way the team was successfully able to host national training camps for the Elite Men & Women Boxing teams and the Cadet & Junior National Wrestling Championships further cemented IIS' credentials as a facility par excellence in India.

On the field of play, we managed to keep raising the bar with our athletes' performances at national, regional and international competitions as we keep building towards our individual sport performance goals. Over and above athletic performance, I have been thrilled to see the visible change in our athletes' confidence, self-assurance and varied skill-sets as they continue to develop into well-rounded, mature and responsible citizens of the country and IIS ambassadors. From spoken word poets and rap artists to video editors, drummers, gymnasts and singers, we've got quite the variety of non-sporting talent on offer at the institute, and I can't wait to see these athletes make their mark in the outside world.

We were also able to build on partnerships with global institutes like the Setanta College, Ireland and the University of Queensland, and further consolidate platforms like the Association of Sports Institutes in Asia (ASIA) to showcase our expertise and share experiences with other high performance sports professionals, while also providing opportunities for professional upskilling for our staff.

I have often talked about our long-term plans to make IIS an integral part of India's sporting ecosystem. To that effect, the initial response to IIS being open to external athletes has been incredible and we are seeing a lot of interest from federations, professional teams, and athletes to make IIS their training base.

While Tokyo is at our doorstep, we have also made significant progress in our scouting efforts for the future. With experts from across the world joining our technical teams and satellite centres coming up in Himachal Pradesh and Haryana, we are now doubling down in our efforts to find and nurture the most talented young Indian athletes into potential Olympians come 2024 and 2028. Similarly, our partnership with the Odisha state government has led to the start of a comprehensive aquatics program coming up in the state, one which I am personally extremely excited about. With our core group of athletes identified for Paris 2024, we have already begun our training plans and calendars for them, factoring in important competitions and international exposure camps.

As always, we continue to draw on the significant drive and vision of the JSW Group and our IIS Family of donors who continue to support us despite the challenging year we have just experienced. Your constant support is a huge vote of confidence for us to keep doing what we do and something we are greatly appreciative of.

I would be remiss if I did not take this opportunity to express my gratitude to all the IIS staff members who continue to believe in our vision and dedicate themselves to providing IIS athletes with a world class training environment on a daily basis, irrespective of the challenges outside our walls.

On behalf the entire group of athletes and staff at IIS, I wish you all good health and thank you for the constant encouragement you provide us through your support and wishes. It is truly an honour to lead this unique initiative, which promises to be the start of a very long, and glorious, journey for India at the global sporting stage.

**RUSHDEE WARLEY**

CEO, IIS

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# IIS OLYMPIC QUALIFIERS



## BAJRANG PUNIA WRESTLING

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



Bajrang had an impeccable start to competitive wrestling with winning the FloWrestling 8-Man Challenge in the USA, followed by a Gold medal at the Rome Ranking Series. With this feat, he is currently ranked World No.1 in the 65kg category. The 27-year-old from Haryana is one of India's biggest medal prospects at the Tokyo Olympics. He was rewarded with the Padma Shri and the Rajiv Gandhi Khel Ratna Awards in 2019 for his consistent performances.



## NEERAJ CHOPRA JAVELIN

After undergoing an elbow arthroscopy surgery in 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.



Neeraj Chopra made an outstanding comeback to competitive sport with a throw of 87.86m to win the ACNW League Meeting in South Africa and book a berth at the Tokyo Olympics. This was his first competitive meet since September 2018 after missing out on the entire 2019 season due to an elbow injury on his throwing arm. He bettered his own record of 88.06m and set a new National Record at the Indian Grand Prix – 3 at Patiala with a throw of 88.07m.





# IIS OLYMPIC QUALIFIERS

## VIKAS KRISHAN YADAV BOXING

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 Ron Simms Jr and then joined the Elite men's boxing camp held at the Institute in 2020-21.



Commonwealth, Asian Games and World Championships 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 in Haryana 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. He shifted his training base to IIS during the pandemic and later on in September 2020 became one of the first Indian athletes to move abroad for training. He and coach Ronald Simms Jr. shifted to Alexandria Boing Club, USA for a 10-week exposure stint to train alongside top professional and amateur boxers.



## AVINASH SABLE 3000M STEEPLECHASE

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 the World Championships in Doha. He bettered his own record of Doha and set up a new National Record of 8:20.20 in the 2021 Senior Federation Cup in Patiala.

Avinash also became the first Indian ever to run the half marathon in under 61 minutes as he created a new Half Marathon National Record at the Airtel Delhi Half Marathon with a timing of 1:00:29 in November 2020.





# IIS OLYMPIC QUALIFIERS



## SATISH KUMAR BOXING

The 31-year-old veteran has been a regular visitor at IIS, having spent multiple stints at the Institute for rehabilitation and training with the National team.



One of India's best known super heavyweight boxers, Satish Kumar had emerged on the international scene after his Silver at the 2018 Gold Coast Commonwealth Games. The big man from Bulandshahr created history by becoming the first Indian to qualify for the Olympics in the Super-Heavyweight category. He continued his impressive run with a silver medal at the prestigious 2020 Cologne Boxing World Cup. He also won a Bronze at the Alexis Vastine Tournament and Silver at the Boxam International Tournament.



## ASHISH KUMAR BOXING

Ashish spent 3 months at IIS as a part of the Elite Men's national camp.



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 in 2020 to win Bronze and seal his berth at the Tokyo Olympics. After capturing India's only Gold medal at the Thailand Open in 2019, 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. He also won a Gold at the Alexis Vastine Tournament and Silver at the Boxam International Tournament.



# IIS OLYMPIC QUALIFIERS

## SREESHANKAR M LONG JUMP

Known to be India's best Long jumper and the current National Record holder, Sreeshankar proved his mettle at the National Senior Federation Cup 2021 in Patiala where he took a leap of 8.26m and earned a spot at the Tokyo Olympics, clearing the qualification mark of 8.22m. Consistently jumping over 8m in his return to competition phase has given him much confidence for the road ahead.



## SEEMA BISLA WRESTLING

Hailing from Rohtak, Seema Bisla became the eighth Indian wrestler and the fourth Indian woman wrestler to qualify for the Tokyo Olympics at the World Wrestling Olympic Qualifiers in Sofia, Bulgaria in the 50 kg category. Coming from a family of wrestlers, she started wrestling pretty early in her life with the encouragement of her father.



After switching in multiple weight categories, Seema didn't give up and continued to fight. Prior to qualifying for the Olympics, she also won a bronze medal at the 2021 Senior Asian Championship in Almaty, Kazakhstan.

# CHAMPIONS SPEAK



## BAJRANG PUNIA

### WRESTLING

*“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.”*



## AMIT PANCHAL

### BOXING

*“IIS gives us an ideal environment to train and recover and with the facilities available, this is what we need to prepare for the Olympics.”*



## ARPINDER SINGH

### ATHLETICS

*“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. I’ve been to many international training institutes but IIS is up there among the best I have seen.”*

## POOJA DHANDA

### WRESTLING

*“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.”*



## SUNIL CHHETRI

### FOOTBALL

*“For someone who enjoys different sports, like me, the IIS is paradise. I’ve always enjoyed training here.”*



## HARSHAL PATEL

### CRICKET

*“The facilities and infrastructure obviously help in terms of covering all the basis, not only my rehab but my training was also done concurrently. This is my third time here and this is a very conducive environment for an athlete to learn and it is always a good experience to come here and also get inspired by the athletes training here.”*





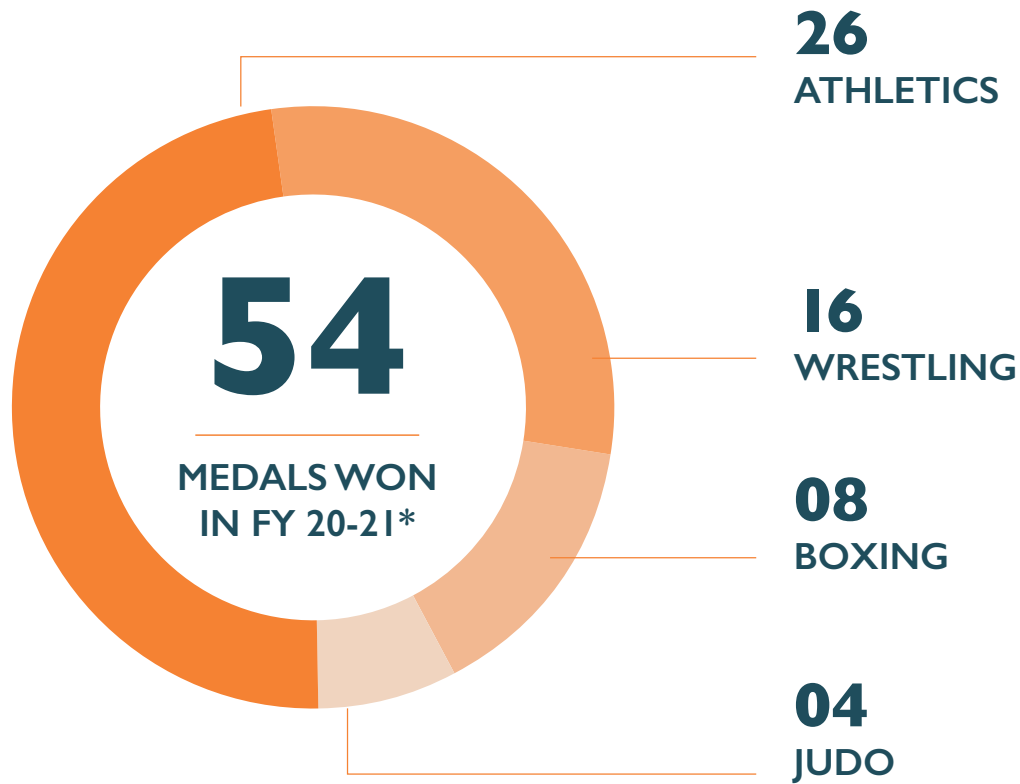
# KEY FACTS & FIGURES



# 370

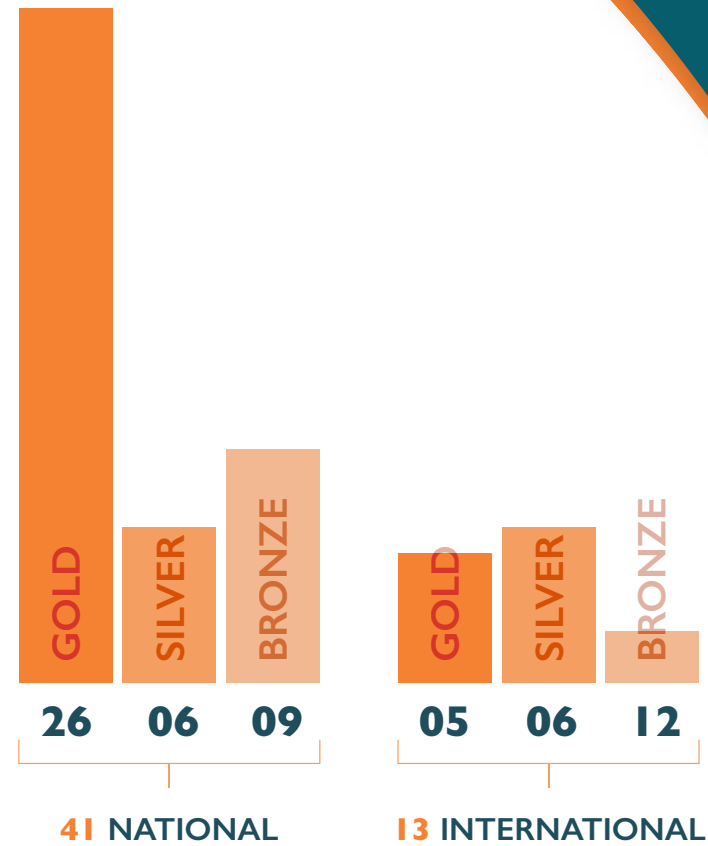
## OVERALL MEDALS

### MEDAL TALLY (2020-2021)



**54**  
MEDALS WON  
IN FY 20-21\*

\*Medals won as of 31st March 2021.





# 168

TOTAL  
ATHLETES

## MALE FEMALE SPLIT



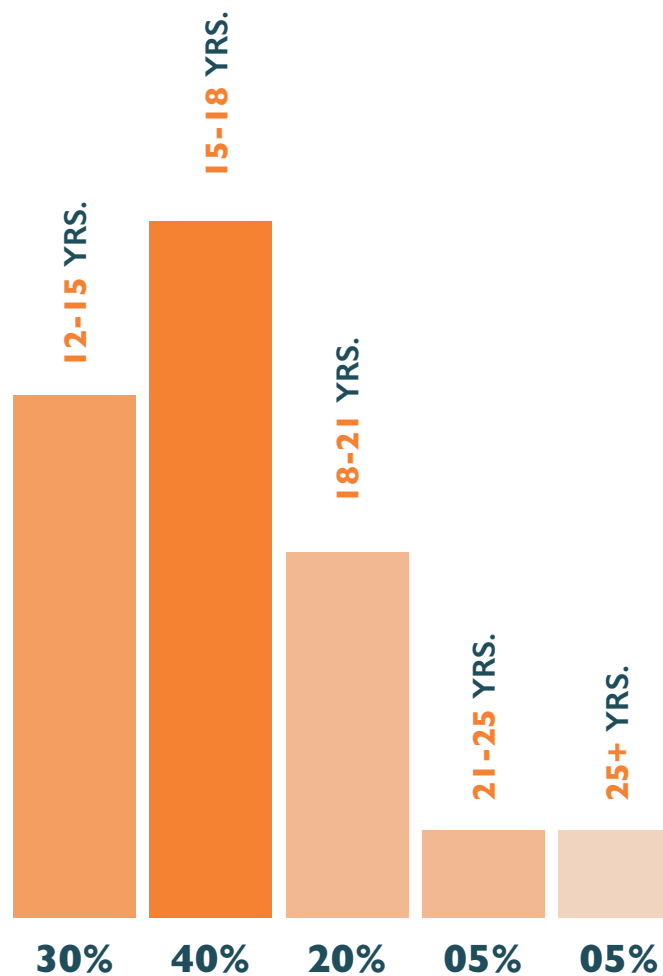
# 94

# 74

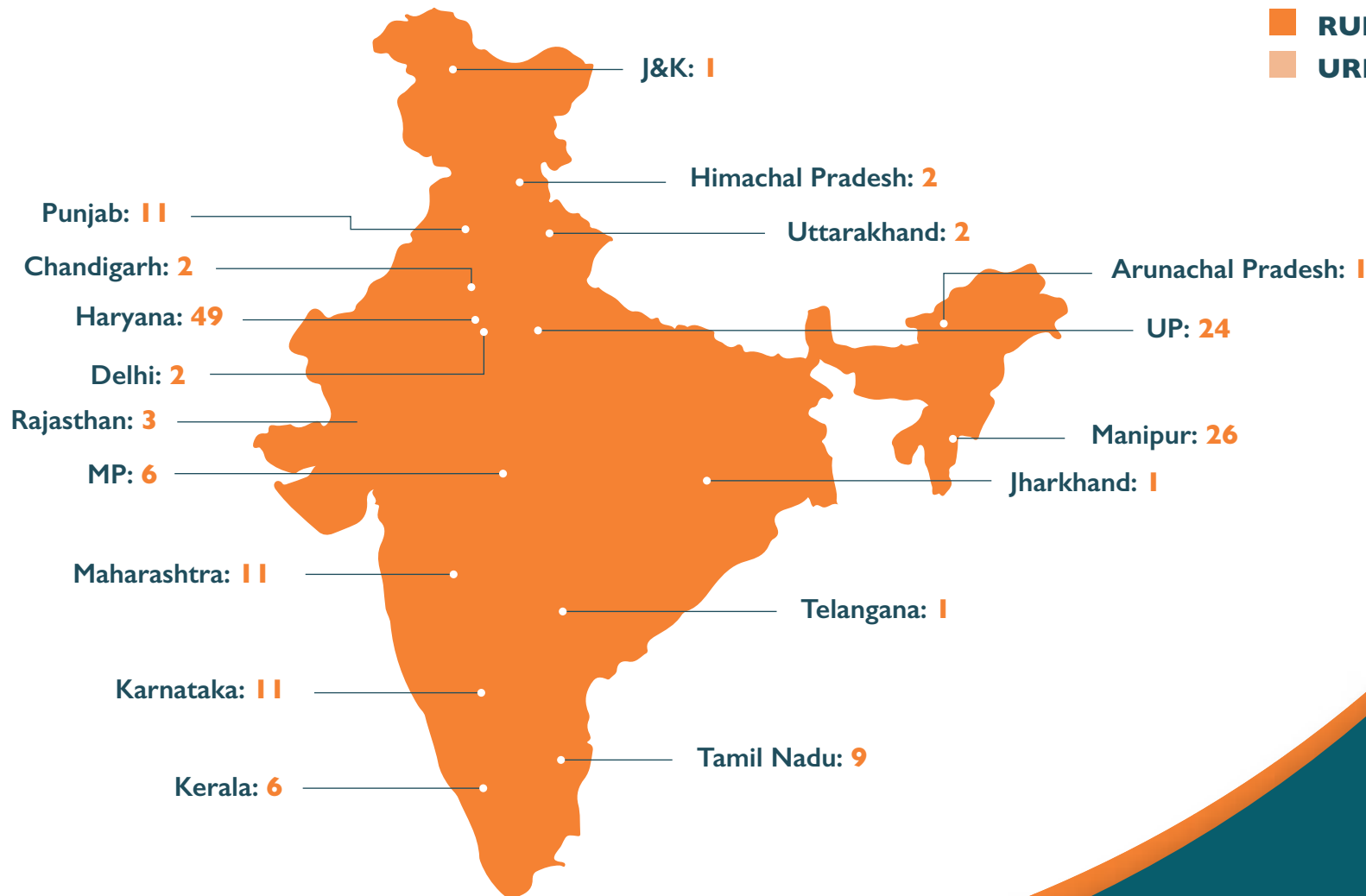
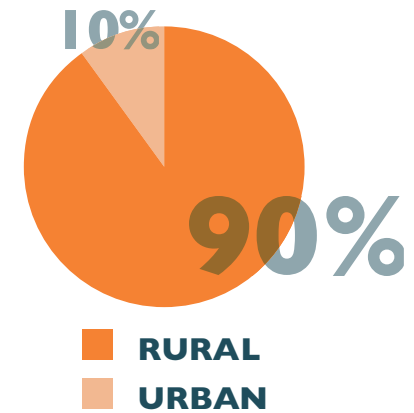
MALE

FEMALE

## AGE GROUP



# ATHLETES SPREAD ACROSS 18 STATES



**44%**  
FEMALE

# AWARDS & ACCOLADES



**Rashtriya Khel Protsahan Puraskar** 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.



The Inspire Institute of Sport has been recognized by the Sports Authority of India as a **National Centre of Excellence for the sports of Boxing, Judo and Wrestling**.





## INTERNATIONAL COACHES & SUPPORT STAFF

9 FROM 9 COUNTRIES



# 300

NUMBER OF ATHLETES  
AT FULL CAPACITY



# 60m x 60m

COLUMN FREE COMBAT HALL



# 31

SUPPORTERS AND PARTNERS



# 56

FULL-TIME STAFF AT IIS



# 42acres

CAMPUS AREA





# TEAM ATHLETICS



## ANTONY YAÏCH

HEAD OF TRACK & FIELD, IIS



80

MEDALS

51

GOLD

20

SILVER

09

BRONZE



29

ATHLETES



20

MALE



09

FEMALE



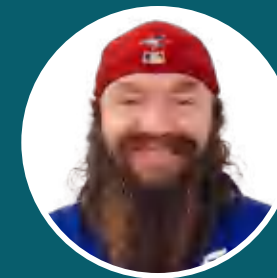
BALA CHAITANYA

ASSISTANT COACH



PRIYANKA KUMAR

PHYSIOTHERAPIST



SPENCER MACKAY

S&C COACH



SHIBIN CHANDRA

MASSAGE THERAPIST



# IIS ATHLETICS PROGRAM - YEAR IN REVIEW

The Track and Field Program had an eventful year as NINE athletes broke the current National Records and created new ones at different domestic competitions. The Athletics Federation of India resumed its competitions with the Junior Federation Cup where our 2018 Youth Olympics bronze medalist Praveen Chithravel created a new Meet record with a jump of 16.01m while Sharvari Parulekar won a silver medal in the triple jump event and her Personal best distance of 11.43m in the final. At the Junior National Championship 2021, IIS athletes returned with a rich haul of 9 medals including 7 Gold, 1 Silver and 1 Bronze medal. Additionally,

Sreeshankar M booked his berth for the Tokyo Olympic Games with an incredible jump of 8.26m at the Senior Federation Cup. In the same event, Olympic-bound Avinash Sable improved his own record of 8:21.37 which he set up at the 2019 World Championships in Doha and created a new National Record with a timing of 8:20.20 in the 3000m Steeplechase event. Annu Rani, India's only women Javelin thrower to cross the 60m mark also bettered her own record of 62.43m and created a new record of 63.24m at the same event. She is just 76cm short of qualifying for the Tokyo Olympics and we are sure she will attain that feat as well in the upcoming competitions.

## JESWIN ALDRIN

Jeswin's natural talents and ability for Track & Field was recognised early when his school PE teacher spotted his skills and suggested he take up Athletics as a sport. Since then, there has been no looking back for the young long-jumper, who was inducted into the IIS Program in 2018. Under the guidance of Coach Antony Yaich at IIS, Jeswin has worked on his technique and speed on the runway, winning medals at various meets and even undertook a 3-week training stint in South Africa in early 2020. With the Junior World Championships cancelled due to the COVID-19 pandemic, Jeswin produced some record breaking performances in the domestic circuit with defending the Junior National Champion title and creating a new Junior National record as well with a jump of 7.97m.

Jeswin has worked closely with IIS' Track & Field Head Coach Antony Yaich 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

<b>Junior Federation Cup</b>	Praveen Chithravel - GOLD *New Meet Record Jeswin Aldrin - GOLD Sharvari Parulekar - 2x SILVER
<b>Junior Nationals</b>	9 Medals (7 Gold, 1 Silver, 1 Bronze) *4 New National Records
<b>Senior Federation Cup</b>	8 Medals (5 Gold, 3 Silver) *3 New National Records *1 New Meet Record









COMBAT HALL

# TEAM BOXING



## RONALD SIMMS JR.

HEAD OF BOXING, IIS



56

MEDALS

20

GOLD

19

SILVER

17

BRONZE



47

ATHLETES



30

MALE



17

FEMALE



JOHN  
WARBURTON

HEAD OF YOUTH BOXING



DHANANJAY  
KAUSHIK

PHYSIOTHERAPIST



ABHINAV  
MANATHANATH

S&C COACH



ARUL  
VANAN

ASSISTANT COACH

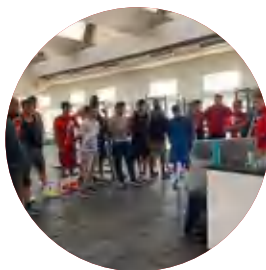


# IIS HOSTED THE BFI ELITE MEN'S AND WOMEN'S NATIONAL BOXING CAMP

Inspire Institute of Sport hosted the Elite Men's and Women's National camp in partnership with the Boxing Federation of India (BFI). This is the second time IIS hosted the camp with the previous one been held in November 2019. The camp got underway on December 26, 2020 and continued till February 15, 2021. A total of 77 members, 30 male boxers, 22 female boxers and 25 coaches and support staff were part of the camp. This comes on the back of a five-year collaboration between BFI and IIS under which the Institute was announced as the federation's High Performance partner in June 2019. The country's top and nine Olympic qualified boxers including Amit Panghal, MC Mary Kom, Vikas Krishan, Simranjit Kaur and Ashish Kumar made IIS home for the next couple of months. Seeing these champions train alongside our junior athletes served as a great motivation and inspiration to the future Champions training at IIS. Six-time World champion and Olympian MC Mary Kom even interacted with our judokas during her stay at IIS.

*"This is my second time coming to IIS with the BFI camp, it feels great to be here since everything is available under one roof with good coaches and training center. This session will be beneficial to us as we prepare for the upcoming Tokyo Olympics".*

– **MANISH KAUSHIK,**  
Olympic Qualified boxer



## MANISHA MOUN

Taking part in her maiden World Championships in November, 2018, and having emerged victorious over the reigning World Champion and bronze medallist, 24 year-old Manisha Moun is considered an Olympic gold medal prospect for India in Boxing. Raised in India's combat sports hub, Haryana, and having earned her stripes at multiple national competitions, she is India's new rookie Boxing star. She is currently India's No.1 in the 57kg category in the Elite Women category. Her consistent performances over the past couple of years with a recent Gold medal at the Cologne Boxing World Cup have been phenomenal and she is definitely a Champion in the making.



### PERFORMANCE HIGHLIGHTS

#### Cologne Boxing World Cup

Manisha Moun - GOLD  
Satish Kumar - SILVER

#### Alexis Vastine Tournament

Ashish Kumar - GOLD  
Sanjeet - GOLD  
Satish Kumar - BRONZE

#### Boxam International Tournament

Ashish Kumar - SILVER  
Vikas Krishan - SILVER  
Satish Kumar - SILVER

## 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. After the resumption of competitions and ease of travel, IIS boxers shined at the international stage with Manisha Moun, top ranked in India in the 57kg category, winning a Gold Medal the Cologne Boxing World Cup and IIS hosted the Elite men's and women's national camp in partnership with the Boxing Federation of India (BFI). This is the second time IIS is hosting the camp with the previous one been held in November 2019. The camp

got underway on December 26, 2020 and continued till February 15, 2021. The country's top and nine Olympic qualified boxers including Amit Panghal, MC Mary Kom, Vikas Krishan, Simranjit Kaur and Ashish Kumar made IIS home for couple of months. 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.







# TEAM JUDO



## MAMUKA KIZILASHVILI

HEAD OF JUDO, IIS



MEDALS

**55** **15** **31**  
GOLD SILVER BRONZE



ATHLETES

**19** **21**  
MALE FEMALE



**JIVAN SHARMA**  
SENIOR COACH



**R. CHANU**  
ASSISTANT COACH



**PRIYA SHARMA**  
PHYSIOTHERAPIST



**SURABHI DATE**  
S&C COACH





## 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 since they spent a lot of time on training because of no competitions during the pandemic. In February 2021, FOUR judokas won the selection trials for the Senior Asian Championship and were part of the Indian team squad for the tournament. With an uncertain domestic competition calendar, judokas are making sure they are competition ready as they may happen anytime during the year.

During the year, Head Coach Mamuka along with 3 judokas went to Georgia for a training camp. Linthoi Chanambam, Jasleen Singh Saini and Dev Thapa got an opportunity to practice with the National

Judo team of Georgia. Linthoi also got some valuable training experience as she practiced with two-time Olympic medalist during their stint. The team is training hard with a focus on getting good results at the Asian Cadet and Junior Championships scheduled in June 2021. IIS Judoka Kokila became the National Champion for the fourth time as she won the gold medal at the National Blind & Deaf Judo Championships. For the current year, the target is to have more training camps in and increase the competitive experiences for the young athletes as we consolidate IIS' position as the foremost academy for the sport in India.



### UNNATI SHARMA

Hailing from Dehradun, Unnati is one of the most successful junior judokas at IIS. In 2019, she was selected to represent India at the Asian Cadet Championships where she won a Bronze medal. Owing to this feat, she went onto represent India at the Judo World Cadet Championships. Despite being a cadet, Unnati has been successful even at the senior level winning a Bronze at the Senior National Championship in 2019. Recently, she also won the selection trials for the Senior Asian Championships and is now part of the Indian squad for



the tournament which will be held in April. Additionally, she will also be taking part at the World University Games. Apart from this, she is also part of the Sports Ministry's TOPS Junior Programme identified as a promising talent who can represent the country's at the 2024 and 2028 Olympic Games. With the support of the IIS team, Unnati has been working diligently to win India's first medal in Judo at the Summer Olympics.





# TEAM WRESTLING



## YANDRO QUINTANA

HEAD OF WOMEN'S WRESTLING, IIS



AMIR TAVAKOLIAN

HEAD OF MEN'S WRESTLING, IIS



ROHIT CHHABRIA

PHYSIOTHERAPIST



SPENCER MACKAY

S&C COACH



133

MEDALS

52

GOLD

34

SILVER

47

BRONZE



48

ATHLETES



23

MALE



25

FEMALE

## PERFORMANCE HIGHLIGHTS

### Senior Asian Championship

Bajrang Punia - SILVER  
Sakshi Malik - SILVER  
Narsingh Yadav - BRONZE

### Junior Nationals

Komal - GOLD  
Sapna Kumari - SILVER  
Hansaben Rathore - BRONZE  
Sonika Hooda - BRONZE  
Archana Chaudhary - BRONZE

### Senior Nationals

Nisha Dahiya - GOLD  
Ravinder - GOLD  
Sakshi Malik - SILVER  
Jitender - SILVER  
Sushma Shokeen - BRONZE

## SUSHMA SHOKEEN

Sushma grew up with an interest in track and was training to become an athlete before a local coach in Delhi suggested her body structure was more suited to wrestling. The track's loss became the mat's gain with Sushma switching over to Wrestling in 2015 at the age of 14. A shift of base to Haryana followed, where she was spotted by our scouts and brought to IIS in 2017. A Junior National Champion in the 53kg category, Sushma transitioned into the senior category in 2021 and won a bronze medal at the Senior National Championship 2021 and is poised to be a challenger on the mat in the near future.



## IIS WRESTLING PROGRAM - YEAR IN REVIEW

Team Wrestling had some impressive performances over the year with Bajrang Punia becoming the World No.1 in the 65kg category after he won a gold medal the Rome Ranking Series, becoming the most successful wrestler at this event with 4 gold medals in the previous editions. Apart from this, five wrestlers returned with medals at the Senior Wrestling National Championship. In the Men's 61kg category, the 2019 U-23 World Championship silver medalist Ravinder Dahiya bagged

a gold medal, while Jitender, the 2020 Asian Championship silver medalist won a silver medal in what is termed the most competitive Olympic weight Category. In the Women's event, reigning 65kg champion Nisha Dahiya continued her impressive run and retained her title by winning a gold medal. In the 62kg category, Sakshi Malik earned herself a silver medal after a close contest in the final. Sushma Shokeen in the 55kg category bagged a bronze medal after defeating another IIS wrestler in the bronze medal bout.



## IIS HOSTED THE WRESTLING NATIONALS

The Inspire Institute of Sport in collaboration with the Wrestling Federation of India (WFI) hosted the 2021 edition of the Junior Women and Sub-Junior Girls National Wrestling Championships in Bellary from March 19-21. The top age-group tournament in the country saw over 500 wrestlers from 26 states competing on 3 mats inside the state-of-the-art Combat Hall at IIS, a 62mx62m column free indoor arena. The competition saw action in 20 weight categories across the 3 days of competition. WFI President Brij Bhushan Sharan Singh, who was present in Bellary for the event, welcomed the initiative to host the nationals at the IIS. "We

are pleased that corporates are coming forward to support an institute like this which can host the nationals. The IIS facility is very impressive and professionally run, and this will undoubtedly be a very good experience for all the participating wrestlers."

FIVE IIS wrestlers bagged medals with Komal, the defending World Cadet Champion in the 46kg category continuing her impressive run and winning a gold medal while Sapna Kumari bagged a silver medal in the 53kg category. Archana Chaudhary (59kg), Hansaben Rathore (57kg) and Sonika Hooda (62kg) won a bronze medal each.









# CHAMPIONS OF TOMORROW – I



## KOMAL WRESTLING



Hails from Panipat, Haryana

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Joined IIS in 2020

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Cadet National Championship 2021 - Gold  
Cadet National Championship 2019 - Gold  
Asian Cadet Championship 2019 - Gold  
World Cadet Championship 2019 - Gold

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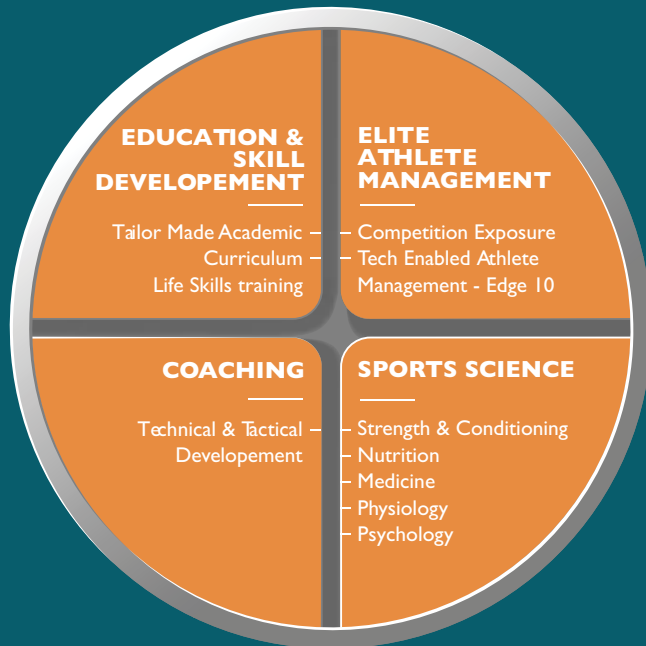
Born to a farm labourer, this prodigious talent from Panipat has already brought laurels to the country at a very young age, becoming World Champion at the U-15 World Cadet Championship in Bulgaria in 2019. Still only 16 years old, Komal has been scouted into the wrestling program at the Inspire Institute of Sport to nurture and hone her skills, and develop holistically to ensure she can realize her full potential and become a world class wrestler at the senior levels who can bring the country medals at the highest stages of world sport.



# WHAT MAKES IIS SPECIAL

## PART I - CREATING A CENTRE OF EXCELLENCE

IIS has structured its programs with a 360-degree holistic approach, contributing to overall growth, sustainability, and empowerment of the athletes, inspired by governing principles of Centres of Sports Excellence around the world. IIS stands out due to the four interconnected disciplines of Education & Skill Development, Coaching, Sports Science, and Elite Athlete Management which makes IIS a unique proposition in the Indian sporting ecosystem.



## IIS - A NATIONAL CENTRE OF EXCELLENCE

In a further push towards our goal of contributing towards India's sporting success, the Inspire Institute of Sport has been recognised by the Sports Authority of India as a National Centre of Excellence for the sports of Athletics, Boxing, Judo and Wrestling. With this, IIS has been identified as one of the country's best training centres promoting sporting excellence by providing state-of-the-art facilities for athletes. This shall also lead to more national camps and elite athlete shifting base to make most of the IIS facilities in the near future.

## PROVIDING A SECURE TRAINING ENVIRONMENT TO THE NATION'S BEST ATHLETES

With strict lockdown and travel restrictions due to COVID-19, many athletes in India have been unable to train at full intensity for months at end. With athlete safety and well-being paramount, we at IIS are committed to provide a safe and secure High Performance Training environment to ensure athlete restart and continue effective training, even as the pandemic continues. Towards this end, IIS has now open doors to hosting athletes for training, conditioning and rehabilitation, from all parts of the country following regulations in line with the latest Sports Authority of India SOPs for training and Karnataka state rules for quality and testing, and with the RT-PCR testing available locally.





JSW

**citi** HIGH PERFORMANCE CENTER



# HIGH PERFORMANCE CENTRE

## I. STRENGTH & CONDITIONING -

The High Performance Centre, located in the center of IIS' expansive campus, houses a 16,000-square-foot gymnasium where all of the athletes' strength and conditioning takes place. Apart from treadmills, rowing machines, and cross trainers, there is also a 50m running track for speed testing. Our state-of-the-art equipment allows our trainers to get enough information on our athletes' progress and make adjustments as needed to enhance their results.

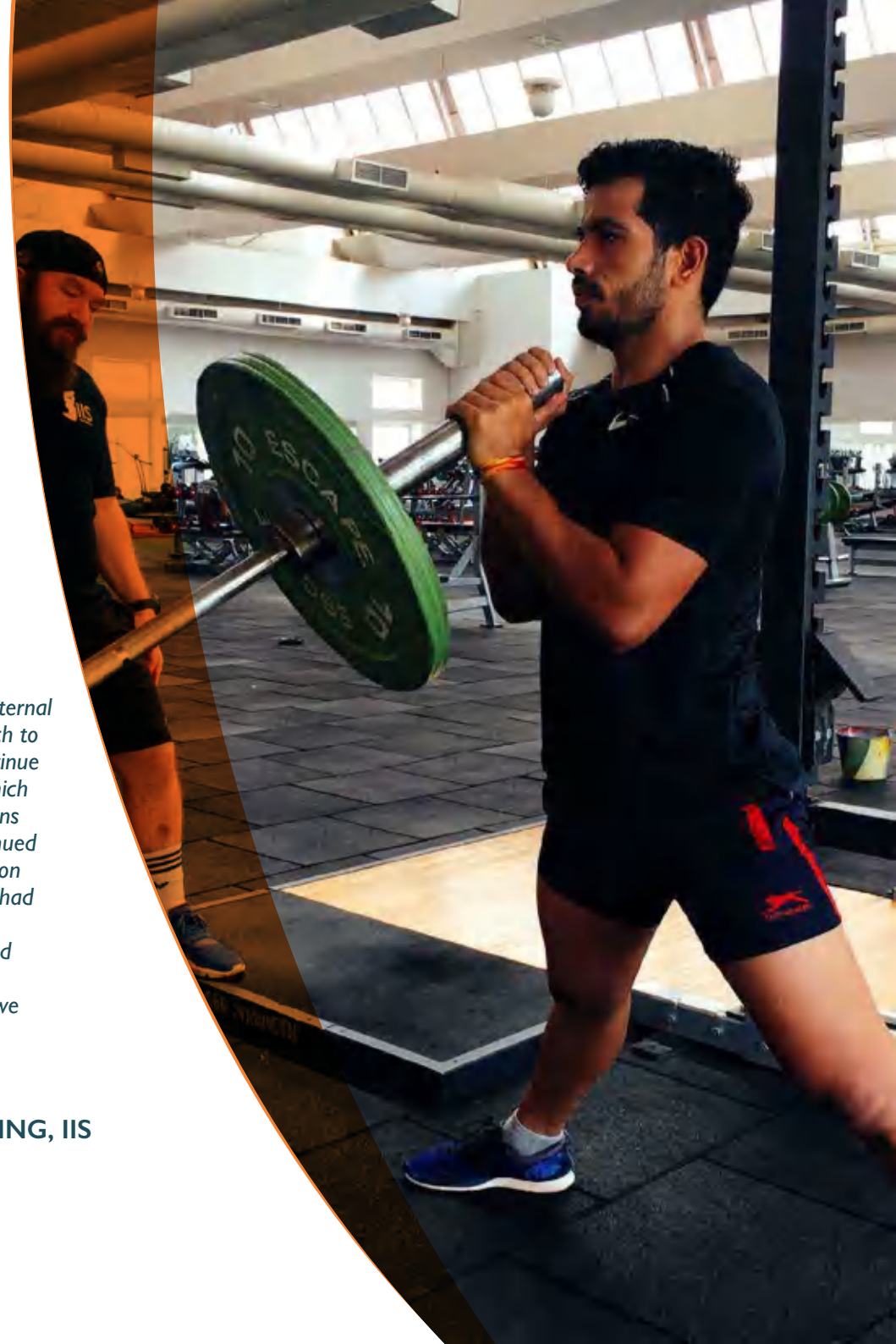
Our strength and conditioning coaches work effectively with our exercise physiologist and physiotherapists to identify physiological variables that can be improved to improve results. They run a series of tests on a regular basis and plan the software accordingly.



*"2020 presented several potential hurdles to the continuation of our delivery to both resident and external athletes, however our strong organisational approach to the problems faced meant we could effectively continue our support for our sport programmes at a rate which was likely significantly higher than other organisations and programmes nationwide. Aside from the continued physical development of the athletes we service, upon resumption of competitions the high performances had across our core sports speaks to the success of the collective work done in 2020. We are hugely excited about the future of our sport programmes and the integrated support the department will provide as we continue to strive for more."*

**- SPENCER MACKAY**

**HEAD OF STRENGTH & CONDITIONING, IIS**







## II. PHYSIOTHERAPY -

Our physiotherapists work closely with the Strength and Conditioning coaches to help athletes avoid injuries and assist them in their rehabilitation and recovery programs. Modern-day athletes benefit greatly from equipment such as cryotherapy chambers, ice baths, and sauna baths, which help them recover quickly and scientifically. The athletes have become more knowledgeable of their bodies as a result of working with the physios, and they have a greater understanding of why they are doing what they are doing.

Javelin thrower Neeraj Chopra, the only Indian to have an athletics world record to his name and a strong hope for India's first ever Track & Field Olympic Medal, missed his entire 2019 season after undergoing an arthroscopy surgery on his throwing arm in May 2019, following which he spent 3 months recovering at IIS. "Rehab is as important as training for an athlete," he says. "I feel blessed that I have access to such a facility where the environment and expertise is top-notch, helping me achieve a quick and proper recovery from my injury."

Our physiotherapists have been catering to athletes from various disciplines, including tennis and cricket. Cricket All-rounder Harshal Patel also completed a successful rehabilitation at IIS during a 3-week stint at the facility and recovered from a complex ankle injury and became ready for the 2021 IPL season. The fact that there have been no cases of re-injuries is proof that the rehab and recovery programs are doing their job well.



*"The past year pushed us to the limits because of pandemic and we had to be very innovative in delivering prehab & rehab services but I am extremely happy that we were able to provide best services not only to JSW supported athletes but also to other franchises and sports. It feels satisfying to see the efforts & hard work being utilised effectively by the athletes from across India when they choose IIS as a preferred center for their rehabilitation & I feel we have just begun."*

**- DHANANJAY KAUSHIK**  
HEAD OF PHYSIOTHERAPY, IIS







# CHAMPIONS OF TOMORROW – 2



## MAX LAISHRAM JUDO



Hails from Imphal, Manipur



Joined IIS in 2017



Sub-Junior National Champion in 2017, 2018.  
Khelo India Games 2020 - Gold Medal  
Identified as a high potential judoka for the  
2024 Olympics.

Two-time National Champion Max is a promising Judoka, from Manipur, currently undergoing coaching and education at IIS. He stepped into the world of sports at a very tender age, competing with his friends who were already practising Judo. Even economic hardships and insurgency could not stop him from pursuing his dreams of winning a medal at the Elite International sporting events. Seventeen-year-old Max has a long way to go, as he shifts to competing at the Cadet level.



### III. SPORTS SCIENCE & NUTRITION -

Another crucial arm of the High Performance Centre at IIS is the Sports Science Laboratory and nutrition program for athletes. The Sports Science department plays a significant role, ranging from athlete health monitoring to injury or condition recovery. Treadmills and rowing machines designed especially for professional athletes aid in testing and biomechanical analysis, which is then used in medical research. There's even top-of-the-line cardiorespiratory devices, such as gas exchange analysers and isokinetic dynamometers, for muscle monitoring and rehabilitation.

With the ongoing COVID-19 pandemic, a key focus area at the institute is and always has been creating a healthy and safe training environment for actually and ensuring overall wellness of everyone present inside the facility. With the help of our Athlete Management software, Edge 10 we have been able to track and monitor athletes on various aspects like motivation, sleep, hunger, fatigue and many more. A daily wellness survey on Edge 10 is currently being supplemented by a questionnaire to help identify early symptoms of Covid- 19 among our athletes and staff in the process of continuing to train during this pandemic.



*“The focus this year has been supporting athletes to minimize their risk of getting affected by COVID-19. All athletes were educated about maintaining hygiene and reporting covid related symptoms everyday using our Athlete Management Software. The steps were taken to support athletes to stay healthy and continue to train to their full potential.”*

**- SAUMYA KHULLAR**  
LEAD, PERFORMANCE HEALTH, IIS



#### NUTRITION SUPPORT

Our Nutritionist Shona Prabhu has been taking regular online individual and group sessions with the athletes to make sure they maintain their muscle mass and are eating accordingly in the past year where minimal competitions were being held.



#### PSYCHOLOGICAL SUPPORT

In order to ensure that the athletes are staying positive and able to cope up with the challenging times, frequent sessions were held with our Sports Psychologist Dr Chaitanya Sridhar allowing the athletes to express themselves on their fears and apprehensions. These sessions are followed by feedback calls with coaches and to guide and advise them on how to guide and continue supporting the athlete and ensure a progressive training environment.





# PART 2 — IIS CARES

## IV. EDUCATION -

The learning center at IIS assists our student-athletes in preparing for their future by providing them with a comprehensive school education. School-aged IIS athletes attend the IIS Learning Centre and are enrolled in the nearby Jindal Vidya Mandir school, which is affiliated with the CBSE. The exposure to a safe learning atmosphere and the companionship of peers from various walks of life aids their integration into the broader social fabric and equips them with the necessary life skills. To pursue higher education and be employable, you must have a basic formal education and a degree. Our Academic and Skill Development Program is designed to prepare our athletes for a successful transition to adulthood and employability, as well as to give them a head start in the most important arena they will ever encounter: life.

There are 61 students supported by the Institute for the 2020-21 academic year from Grade 6 to Grade 12. Our 10th and 12th grade students produced phenomenal results with a 100% passing rate in the CBSE and State Board examinations. In the 10th grade 8 students cleared the exams with Parignya Kasture at the top with 94% while 5 students cleared the 12th grade examinations with Joshua topping at 82.4%.



*The rise of the pandemic forced us to switch to digital teaching-learning for athletes who were away from the institution along with the traditional offline classes for in-house athletes. Despite many challenges like lack of internet access, technology struggle, we could provide quality education in terms of academic sessions and life-skill modules such as financial literacy, holiday planner, English communication module and Forensic Science module. We continue working for their holistic development even in this Challenging situation.*

**- KHUSHBOO KAKKAD**  
HEAD OF ACADEMICS, IIS

## HOLISTIC APPROACH

A Communication module was initiated as part of the Soft skills programme to educate athletes on the basic communication etiquettes and skills required while communicating.

A Financial Literacy Module was also conducted in collaboration with our partner Credit Suisse to give our athletes a basic understanding of finance for their future.

A Life Skill module is also under progress, which is being conducted by Ms. Kim Makhija from SMART STAYCATION, Japan.

## ACADEMIC IMPACT

The Learning Centre at IIS was established to meet the formal education needs of student athletes, most of whom are between the ages of 10 and 18. The key goal is to help athletes prepare for and take the required Board Examinations so that they can continue to pursue higher education and career opportunities. Our instructors also provide soft skills and life skills instruction to our athletes as part of their schooling, allowing them to develop into motivated individuals and role models for society. Students are encouraged to engage in group work, interact effectively, and create a sense of belonging, as well as given a space to confidently express themselves. Extra attention is paid to athletes who are weak in certain subjects by holding special classes for them.



Considering the pandemic affected the education system globally, The Academic Department at IIS has moved classes online so that athletes' curriculum is not disturbed, irrespective of whether athletes are at IIS or at home. Furthermore, to facilitate ongoing personal development of our athletes, we have developed key life skill programmes including a Communication Module that is aimed at helping athletes communicate proficiently and acquire linguistic competency. All the athletes at IIS have gone through an assessment as part of their communication skills sessions, which included Reading, Speaking and Listening tests conducted by the Academics Department. Despite studying virtually and adapting to new methods of learning, the athletes have been able to sustain their academic performances throughout the year.





## V. 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, 44% 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.

### Example:

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.

*“At IIS, we encourage athletes to track their periods and report any abnormal signs and symptoms. If the athlete is healthy, we know they can perform to their potential.”*

**- SAUMYA KHULLAR**

LEAD, PERFORMANCE HEALTH, IIS



# CHAMPIONS OF TOMORROW – 3



## S. KALAIVANI BOXING



Hails from Tamil Nadu

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Joined IIS in 2017

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Khelo India Games Champion in 2020  
South Asian Games Champion in 2019  
India Open Silver Medalist in 2019  
Elite Women's Nationals Silver Medalist in 2018

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'Kalai', as she is fondly called by friends, was always destined to get into boxing. Coached by her father since age 9, she showed promise early on, winning the first state tournament she participated in. Soon, she was winning medals across school nationals and caught the eye of IIS Head Boxing Coach Ronald Simms at the 2016 Youth Nationals, where she won silver. Since then her journey with us has been incredible with winning various National and International medals. She is one of the most talented boxers we have in our program. She was also adjudged the Most Promising Boxer at the Elite Women's National Boxing Championships in 2018.



## VI. HOLISTIC SOCIETAL IMPACT



### 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.



### BUILD CONFIDENCE & EMPLOYABILITY

Through our Academic Centre at IIS, our objective is to impart educational as well as soft skills in 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.



### 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.



### 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.



# CHAMPIONS OF TOMORROW – 4

## UNNATHI AIYAPPA ATHLETICS



Hails from Coorg, Karnataka



Joined IIS in 2020



Junior National Champion – 2021  
2x New Junior National records in 2021  
National Silver medalist - 2019

Inspired by her parents, Unnathi started with sprinting at the age of 8, training under her father through the years at the Kanteerva Stadium and won several medals. 15-year-old Unnathi's natural talent and ability has helped her improve on her speed and technical skills very rapidly after she joined IIS in 2020 under coach Antony Yaich. She is preparing for the Heptathlon.

She recently became the Junior National Champion and a record holder in the 80m Hurdles and the 300m event at the National Championship. She broke the record of legendary sprinter P.T Usha in the 80m Hurdles by clocking 11.50s, the previous record being 12.2 set in 1979. Her mother is a former Olympian and she wants to follow her footsteps in becoming the next big thing in Athletics.



# GUESTS & VISITORS

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Boxing Federation of India Elite Men's and Women's Training Camp

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Sports Minister Kiren Rijiju's visit

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Indian Shooting Team's Pre-Olympic training camp

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Visits by judokas and coach from Chukyo University



Australian Strength & Conditioning Association - Camps and Workshops



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





Cricketer Harshal Patel  
Rehabilitation

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Visit by actor  
Suniel Shetty

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Paralympian Javelin thrower  
Ajeet Singh Training at IIS

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# IIS FAMILY - DONORS & PARTNERS

India has the distinction of having the lowest number of Olympic medals per capita of any nation. IIS is a movement dedicated to helping the country's Olympic sports and athletes reach their full potential and perform 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 31 donors and patrons 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	
GOLD	
SILVER	
BRONZE	
PATRONS	



# DONORS & PARTNERS

IndusInd Bank's CSR association with the Inspire Institute of Sports dates back a few years to the genesis of the Girl Power Programme. For us, the partnership has been both, inspiring and gratifying. Inspiring because of the kind and number of incredible stories that have emerged from the programme about the journey of young girls, from humble backgrounds, being transformed into champion athletes. And, gratifying because of the structure of the programme, where the young girls have to pursue their education while training hard for sports excellence through the world-class sports infrastructure, coaching and methodology that IIS is famous for.

## MR. ADWAIT HEBBAR

HEAD — CORPORATE SERVICES & CSR, INDUSIND BANK

The Borosil Group is proud to be associated with JSW Foundation's Inspire Institute of Sport (IIS) since 2016. Through its CSR program, Borosil has been supporting promising athletes at IIS across various disciplines in their quest of achieving India's Olympic Dream. The results from IIS till date have been exceedingly promising testimony to the world-class coaching, sport science and nutrition support provided to nurture India's future champions. We are very enthused with the possibilities of medals that these athletes will win for our country at the Tokyo 2020, Paris 2024 and Los Angeles 2028 Games.

## MR. SHREEVAR KHERUKA

MD & CEO, BOROSIL GROUP



# PARTNERSHIPS & COLLABORATIONS - TAKING IIS TO THE WORLD

IIS is leading the way in providing world-class experience and infrastructure to Indian athletes as India's pre-eminent High Performance Training Centre. IIS offers our athletes the opportunity to train and compete with peers from all over the world through a variety of collaborations with colleges, academies, and initiatives both at home and abroad. We're also dedicated to growing India's sports ecosystem by bringing international certifications and courses to the country.

Some of the highlights of the partnerships we've entered in the past couple of years are:



**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 and Women's Training Camp in Vijayanagar at the end of 2020.



**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.



**Australian Strength & Conditioning Association (ASCA):** As ASCA's official venue partner in India, IIS has conducted 9 ASCA Courses in 2019-21.



**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.



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



**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.



# MEDIA COVERAGE

## JSW Sports: Nurturing sporting dreams

Inside Parth Jindal's multi-faceted plan to make JSW Sports India's first listed sports entity

## Inspire Institute of Sport ties up with Tsukuba university

Topics  
Sports

ARCHIVES

## IIS: A Vijaynagar kingdom of sports

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



NEIL RODRICKS



© 23 AUGUST, 2018 17:45 IST

One August afternoon, a large number of youngsters, all aged between 12 and 19, are going hard at practice. Inside the auditorium, there is a thud as a girl, maybe 13 or 14 years old, slams another to the mat. To the left, a trainer explains grappling techniques to one of his wards, while a handful of boys climb ropes up to at least 12 feet, all on the power of their own limbs. To the right, pairs of boys and girls take measured swings at each other — with protective gear, of course — in a ring, while others spar outside it.

## BFI ties up with Inspire Institute of Sport for five years

PTI/JUNE 28, 2019, 12:41 IST

## IIS facility not closed, but strict protocol in place: CEO Rushdee

## India Is Opening Up To Different Sports: Mustafa Ghouse, CEO, JSW Sports

## National Junior Athletics: Unnathi Aiyappa topples P.T. Usha's record in 80m hurdles

The athlete also made a new national record in the 300m hurdles

## 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

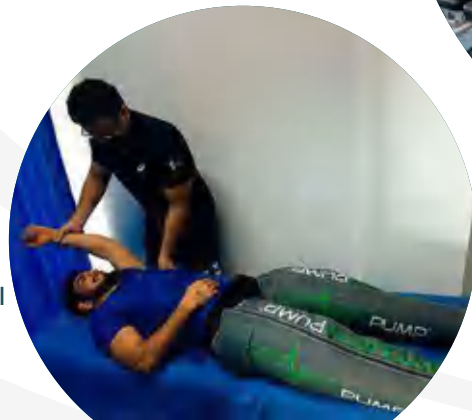
## Herbalife Nutrition announces tie-up with IIS

## Indian women athletes show higher deficiencies and health risks: Study

Throughout 2019, a multi-disciplinary research team — comprising physiologists, nutritionists, academics and gynecologists — at Inspire Institute of Sport (IIS) tracked the menstrual cycles of the athletes training at the Bellary-based high-performance centre.

## Inspire Institute of Sport Celebrates Olympic Day With a Powerful Message







# IIS: SNAPSHOT OF PROGRAM EXPENSES

(UNAUDITED)

EXPENSE HEADS	BOXING	WRESTLING	JUDO	ATHLETICS	TOTAL
	AMOUNTS IN CR.				
Professional Fees - Technical Coaches	0.64	0.44	0.83	0.58	2.49
Stipends to Athletes	0.29	0.66	0.12	0.24	1.31
Sports Science, Physiologist & Physiotherapist, Athlete Management & Other Professional Fees	1.16	0.97	0.93	0.62	3.68
Travel & Conveyance	0.16	0.32	0.19	0.27	0.93
Meals & Nutrition	0.87	0.63	0.73	0.42	2.64
Insurance	0.05	0.04	0.05	0.03	0.16
Education, Apparel, Training, Technical Equipments & Medical Services	0.54	0.48	0.42	0.30	1.74
Educators' Professional Fees	0.10	0.07	0.09	0.05	0.31
Operational Expenses	0.17	0.19	0.12	0.11	0.59
Facilities' Maintenance & Security Expenses	0.69	0.47	0.59	0.32	2.06
Facility Rent and Usage Charges	0.81	0.55	0.69	0.37	2.42
<b>TOTAL</b>	<b>5.48</b>	<b>4.81</b>	<b>4.74</b>	<b>3.30</b>	<b>18.34</b>



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