



ANNUAL REPORT

2024

2025





ANNUAL REPORT

2024

2025



TABLE OF CONTENTS

3

From the
Founder's Table

5

Straight Talk -
Manisha Malhotra

7

High Performance
Infrastructure
will shape the Future -
Divyanshu Singh

10

The Road Ahead
- Gary Hall

13

A look back at
Paris 2024

21

Fueling
Champions -
Nutrition at IIS

25

IIS' Winter
Sports Programme

27

Athlete
Testimonials

29

'I couldn't have
done this without IIS' -
Sreeshankar Murali

33

Spreading the
Movement -
Our Satellite Centres

39

More than
Medals -
Education at IIS

41

Know our
Coaches

44

Accelerating
Excellence at IIS

49

Our
Donors

51

NCAA,
a platform
full of potential



59

Why I Chose
To Give Back
Through Sport -
Arjun Vaidya

61

IIS in the
Community

65

Financial
Report

67

Our Success
Stories

69

Making Waves,
One Stroke At A Time
- Piyush Agarwal

71

Taking Judo
to Georgia

74

Programme
Reports

80

Sports Science
And Its Impact

83

Building Platforms
and Champions

86

Partnerships
and Collaborations

88

The IIS Impact
Report

LA 2028 will see our hardest push yet

Parth Jindal
Founder, Inspire
Institute of Sport



We've completed yet another cycle of pioneering India's Olympic ambitions, and like always, there's been an ebb and flow - of triumph and despair, of scaling summits and free falls, but most importantly what has followed is a thorough scrutiny of why we fell short and a determined desire to make it right.

An Olympic Games of big learnings — that's how I would sum up Paris 2024 for both, IIS and India. While it has left us disappointed, it has also prompted us to remedy things and make ourselves, and our nation, a pledge that LA 2028 will be different. We have already hit the ground running in that regard.

The build-up to the Games was full of promise, and while we did have performances to weave a positive narrative out of, I won't hesitate to call it as it is — Paris 2024 was a huge letdown. With every passing Olympic cycle, we have raised our standards and expectations, and to put it simply, they both fell dismally short. IIS contributed to just the one medal for India. We did have a hand in the medals we won in shooting and wrestling by way of the support we extend the respective Federations.

However, as far as medals manufactured at IIS are concerned, Neeraj Chopra was the only silver lining in every sense of the term. Young boxer Nishant Dev came agonisingly close to what would have been a historic podium. Avinash Sable became the first Indian to qualify for the Men's 3000m Steeplechase event. Parul Chaudhary bagged a Season Best in the 5000m and the 3000m Steeplechase, and yet, a difference of daylight separated our athletes from the eventual winners. It served as a stark reminder of the gap we need to work on closing if we truly are to be considered among the world's best.

Praveen Chithravel and Abdulla Aboobacker, who have been doing well on the national circuit, failed to qualify for the final of the Triple Jump. Antim Panghal - who we had pinned hopes on for a medal - was knocked out in the first round. Jeswin Aldrin failed to make it to the final of the long jump, while Preeti Sai Pawar - who showed so much promise - bowed out of the boxing ring sooner than any of us would have liked.

We have, and continue to spend a considerable amount of time at the whiteboard to alter the way we operate, rethink our approach and shuffle our personnel. The commitment to avoid a repeat of Paris, is steadfast. We have roped in Gary Hall as IIS' High Performance Director, while Manisha Malhotra has been elevated to the role of President, and I have complete confidence that they will lead this turnaround that we are staging. Between the two of them, Manisha and Gary are a treasure trove of experience and knowledge, and I am certain they will take the programme to the podiums we intend to stand on.

While our work seamlessly carries on from one Olympic cycle to the next, a year is a good checkpoint to reassess all that we achieved,

and more importantly, to shift the goalpost in a way that challenges us to do more. The coming years, starting with 2025, are going to be transformative for us at IIS. Our vision and mission have both evolved, and a significant step in this direction is our introduction of dedicated support to Paralympic sports. We have endeavoured to create the broadest impact in India's sporting landscape, and our commitment to being inclusive aligns with it.

With a keen eye on LA 2028, work and direction at the IIS has switched gears. Squash makes its Olympic debut in America, and we took a big step in December when we hosted and organised the JSW Indian Open — a PSA-approved Copper tournament, in Mumbai. It was a resounding success and one that we will bring every year to the country. The intent is to give our athletes as much exposure to international competition, while growing the stature of what will now be an Olympic sport, in India.

Backing Olympic sport the way we do is the proverbial swim against the tide, but our commitment is unwavering. What always leaves me amazed and grateful is the support and faith our donors have shown in our vision. When the IIS was an idea, I wondered whether corporate India would buy into it. It was a slow, laborious start. Today, when you walk through the entrance at the IIS, you pass the 'Wall Of Donors' that has more than 50 entities and people who have pledged their support to our Olympic dream.

We have also introduced new leadership at the IIS with Manisha Malhotra taking over as President, and Gary Hall MBE joining as High-Performance Director.

Every passing year, the movement that is the IIS keeps growing bigger. There are more centres, collaborations, camps, competitions, and even more success stories. When I was in Paris for the Olympic Games, I had the chance to sign an MoU with United World Wrestling, and within a year, we have been able to do so much for our wrestlers through the partnership. Our scouting networks across disciplines have grown manifold, keeping in line with our promise of identifying and harnessing talent from every corner of our country.

There are knowledge partnerships we have forged with the University of Birmingham and Liverpool John Moores University. We are High Performance Partners to Federations in the country and behind closed doors and away from the spotlight, the Sports Science team at IIS is publishing some pathbreaking research papers.

The energy and intent is tangible. To put it plainly, I and we, are obsessed with making India a great Olympic nation. LA will be all about converting the narrow misses to the definite podiums, and I am certain that many of India's medals will have a shade of IIS to it.

Jai Hind.

Taking Indian sport to new spaces

Manisha Malhotra
President, Inspire
Institute of Sport

I speak on pure facts when I say the Inspire Institute of Sport (IIS) has revolutionised the Olympic movement in India. Before IIS, we never saw private players taking such a lead and investing in non-cricket sports. The previous year, obviously due to the Paris Games, was a turning point for IIS' journey. We learnt, unlearnt, made big decisions (some would call it a gamble), and are now on the verge of a major revamp going into this Olympic cycle.



To begin with, there have been quite a few notable changes in the management and coaching structure. A monumental step in working towards these targets was roping in Gary Hall MBE — credited for changing Great Britain's taekwondo Olympic programme — as our High-Performance Director. With Gary leading the restructuring, the wheels are already in motion.

We've restructured major departments to be sharper, discipline-focused, and better aligned with what elite athletes require to function at the optimal level. Our high performance and medical teams will now operate in an intrinsic manner as sport-specific units. We understand that the one-size-fits-all approach doesn't work in strength and conditioning, and we will further work on tailoring sessions as per the individual and sport-specific requirements.

Nutrition, psychology, and rehab sessions are being woven into daily training plans to make sure IIS stays at the top of its game when it comes to elite training.

We're also investing in data and decision-making — an often-overlooked area in Indian sport. A Performance and Data Analysis unit is being built to give our coaches and athletes real-time insights, not just gut instincts. This will probably be the most comprehensive data analysis programme in Indian sport, where we will go beyond the basic metrics and parameters in Indian sport, where we will go beyond the basic metrics and parameters. The move to TeamWorks, a smarter data platform, will allow for better planning, monitoring, and adjustment. Not everything makes the headlines, but these are the kind of backroom efforts that gradually translate into athletic performance.

This year, IIS' programme gets bigger and better — and that comes with its challenges. And if there's one thing Team IIS loves, it's taking up such tests. We are including para sports, rowing, kayaking, canoeing, archery, and fencing in our already vast programmes. This is a strategic investment of our resources and time.

Fencing and the water sports I just mentioned are not typically associated with Indian medal hopes. But it is time to think way beyond the box and think long-term. We need to explore the untapped waters and invest in them.

We're not in the business of playing it safe.

We are not scared to get our hands dirty. These sports are now a part of our long-term strategy, and we are willing to play the waiting game. Till then, every criticism will be dealt with a smile. We firmly believe that with the right infrastructure, coaching, and scouting systems in place, we are capable of cracking the code in these sports — just as we did in Neeraj's case in athletics. Since we've mentioned Neeraj, let me quickly touch on our Paris journey.

Twenty athletes from IIS had officially qualified for the Olympic Games, and we are happy to flaunt it. It was vindication of the fact that if we support right, support consistently, and aim high, Indian athletes can rise to global standards.

At Paris, Neeraj — now the most decorated track and field athlete in India's history — led the charge. From Olympic gold to World Championship medals, his journey has forever changed the landscape of Indian Olympics. Neeraj has been with us from the early days, and we've had the privilege of supporting him through various stages of his development. His mercurial growth is a reminder that excellence isn't an accident and doesn't happen overnight. His career graph is built on years of planning, relentless work, and the right team behind the scenes.

Of course, none of this would be possible without our donors and supporters. Their belief in this vision — and to give Indian athletes world-class support without compromise — is what keeps the wheels turning. Whether it's funding specialist coaches, upgrading recovery facilities, or backing unconventional sports, their contributions go far beyond numbers. They're part of every medal, every personal best, and every dream that takes flight at IIS.

We know the road ahead won't always be smooth. True progress rarely is. But at IIS, we're not afraid of taking difficult decisions. We're committed to asking tough questions, taking bold risks, and pushing Indian sport into spaces it hasn't gone before.

We're not just training athletes or merely a standalone high-performance centre with regional structures. We are now fuelling the Olympic movement in the country — if not leading it.

High Performance Infrastructure Will Shape the **Future** of **Indian Sport**

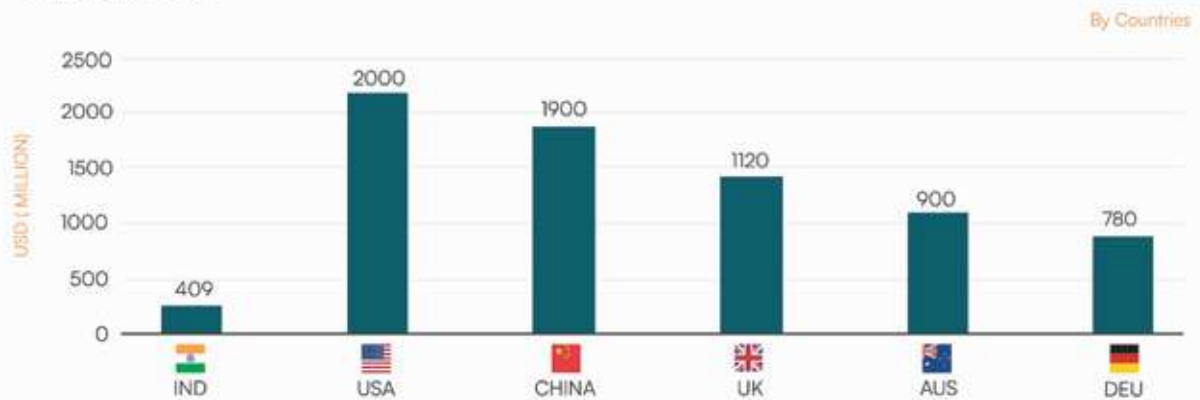


While our athletes continue to prove that they belong on the world stage, talent alone has rarely been enough. Behind every breakthrough lies more than just potential - it's about systems, support, and an environment that empowers athletes to thrive.

India's sporting ambitions have never been greater. And behind every podium finish, you'll increasingly find a foundation of world-class infrastructure, expert coaching, and athlete-centric support systems. This is where India has historically lagged - and where the Inspire Institute of Sport has stepped in to bridge the gap.

Divyanshu Singh
CEO, JSW Sports

Sports Budget Allocation



Across the globe, countries like the USA, UK, Australia, and Japan have long invested in centralized high-performance ecosystems. Athletes there benefit from integrated access to training, sports science, nutrition, physiotherapy, and mental conditioning under one roof. The result? Consistent Olympic success and long-term athlete development pipelines.

In India, these kinds of environments have been the exception, not the norm. And perhaps the biggest challenge that has plagued Indian sport over the years has been the high dropout rate - especially among young athletes from underprivileged backgrounds. For many, pursuing professional sport often means sacrificing education, economic stability, and even basic necessities. At IIS, one of our founding objectives has been to tackle this head-on.

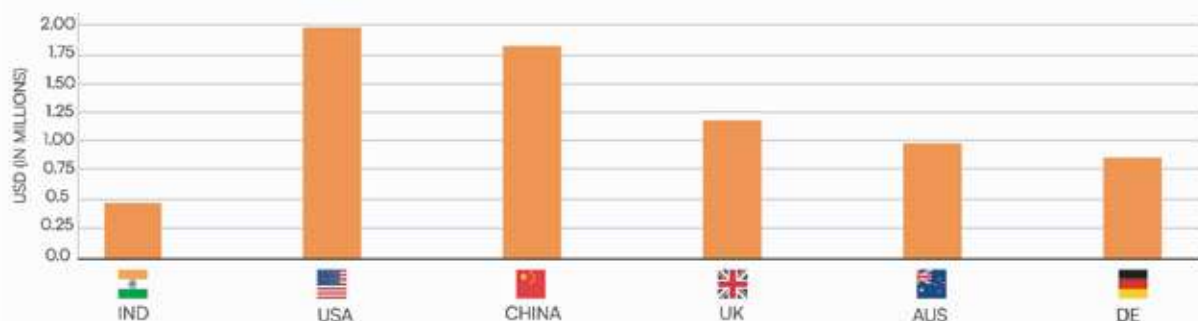
IIS was established not just as a facility, but as a philosophy - one that believes sport and education can go hand in hand. By integrating academics, life skills training, and holistic support - including housing, nutrition, financial stability, and mental health resources - we've tried to ensure that our athletes no longer have to choose between chasing a dream and securing a future.

We're seeing the impact this approach can have. Take Linthoi Chanambam, India's first-ever Judo World Champion, who entered IIS as a young girl from Manipur with raw talent and unmatched spirit. Today, she stands as a beacon for what's possible when the right environment meets the right potential. Or consider the dozens of young wrestlers, boxers, and track-and-field athletes currently emerging through the system - many from humble backgrounds, but now training with world-class coaches, receiving structured academic support, and with a clear path ahead of them.

Over 350 athletes across Wrestling, Boxing, Athletics, and Judo currently train at IIS in Vijayanagar, Karnataka. With international coaches, data-driven performance monitoring, and personalised development plans, these athletes aren't just preparing for the next tournament - they're being groomed for sustained success. What excites us most is not just the medals already won, but the untapped promise of the next generation - names that aren't yet headlines, but whose journeys are just beginning.

The success of the public-private partnership model in sport has been central to this vision. IIS, funded by the JSW Group and supported by corporate partners from across the globe, has showcased what strategic collaboration can achieve.

Estimated Annual Sports Infrastructure Expenditure by Country



Sources: Government Budget Reports, Ministry of Youth Affairs (India), UK Sport, AIS, USOPC, IOC Reports, World Bank Estimates

But the true power of this model lies in its scalability - and its adaptability to India's unique sporting geography.

Sport in India is inherently regional. Certain parts of the country have rich talent ecosystems for specific disciplines. That's why we're adopting a 'hub-and-spoke' model - with our facility in Vijayanagar as the central hub, and satellite centers built around the natural strengths of each region. It is well known that the Northeast is a powerhouse for Judo and Boxing, Haryana remains the bedrock of Wrestling, Athletics, and Boxing while Southern and Western India show immense promise in Athletics and Swimming. Our aim is to harness this in the right way.

By tapping into these geographic strengths and coupling them with high-performance expertise, we're building a decentralized yet connected pipeline - one that can identify, nurture, and elevate talent from across the country.

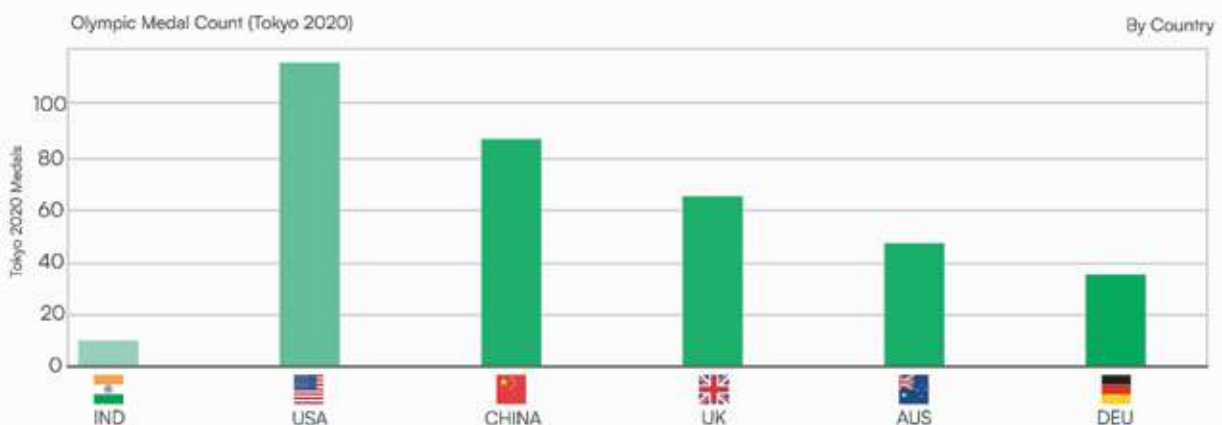
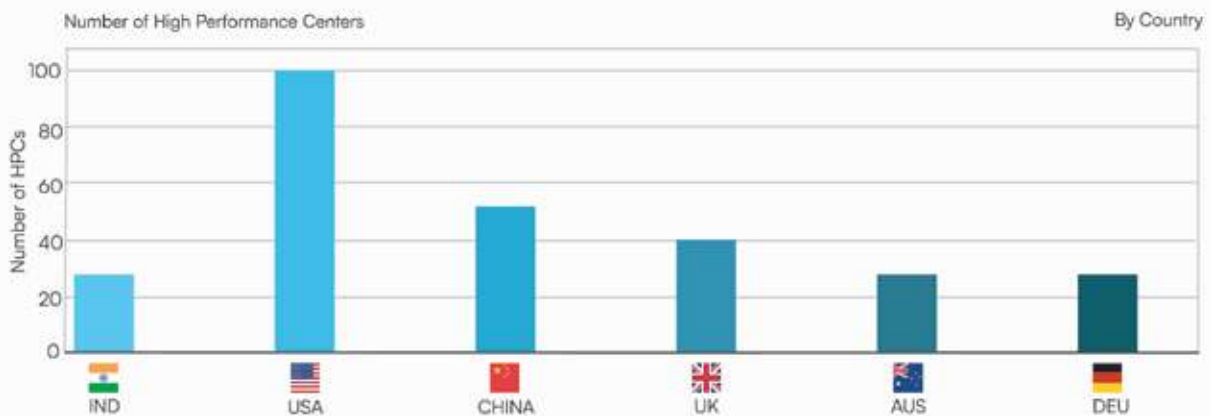
In Hisar, for example, the emergence of Antim Panghal as India's first-ever U20 Wrestling World Champion was made possible by a model that leverages local talent, existing infrastructure, and expert training.

Similarly, Manipur continues to shine as a hotbed for Judo, while Odisha's commitment to swimming - through upgraded infrastructure and professional partnerships - points to the potential of targeted investment.

These stories affirm a simple truth: when young athletes are supported holistically - across sport, education, and life - they don't just stay in the system longer; they thrive. And when private and public sectors come together with clarity of purpose and long-term commitment, transformation is not only possible - it's inevitable.

The road ahead for Indian sport is clear. We must invest in high-performance infrastructure, decentralize access to world-class support systems, and prioritize the overall well-being of our athletes. IIS is proof that when we do, results follow: national records, global medals, and most importantly, a growing belief among athletes that they truly belong on the world stage.

India's next champions are already among us. All they need is the right platform. And at IIS, we're building it - one athlete at a time.



I believe IIS can become a medal factory

Gary Hall MBE

High Performance Director,
Inspire Institute of Sport

When I first told people in 2006 that Great Britain was going to win Olympic medals in Taekwondo, they laughed. And honestly, I don't blame them.

No one knew how to pronounce the sport, let alone believe we could compete with the best in the world. We started with no medals, no infrastructure, and a budget of just £20,000.

But I had a vision. I wasn't interested in copying what had already been done. Everyone was following the traditional models, particularly the South Korean one, but I knew we had to be different. I drew up a business plan, thought outside the box, and focused on building from the ground up.

Over the next 17 years, we transformed GB Taekwondo into one of the most successful Olympic programs in the country.



By the time I left, we had 10 Olympic medals, 4 Paralympic medals, and more than 70 medals across the World and European Championships. We also had a national training center in Manchester, a full science and medicine team, and one of the most efficient high-performance environments in UK Sport.

I have led the GB Olympic Taekwondo Team through six Olympic Games and understand the nuances of competing successfully on the Olympic stage. Now, I'm in India and I see that same opportunity again.

I could have worked anywhere after my time in the UK. I had options. But when India reached out, something about it felt right. The scale, the passion, the untapped potential, it was impossible to ignore. India is home to an incredible pool of athletes and an unmatched hunger to succeed. But the infrastructure and systems needed to channel that potential aren't always in place. That's what brought me here.

At the Inspire Institute of Sport, I've found a group of people who truly get it. Founder Parth Jindal, President Manisha Malhotra, COO Tathagata Mukherjee aren't just administrators, they're dreamers and doers. They know what it takes to build something lasting, and I've joined them to help lay the foundation for sustained success.

I believe IIS can become a medal factory. Not just for one sport, but for many. But that means creating a culture where high performance is not a buzzword but the baseline. It means restructuring support teams, refining coaching methods, and putting the athlete at the center of everything we do.

There will be doubters. There always are. People will say India doesn't have the genetics, or the history, or the system.

But I've heard that before. When I said we'd win medals in Taekwondo in the UK, they laughed. I hope they laugh again. Because I've seen how this story ends.

The truth is, India absolutely has the genetics. Just look at the diversity of physiques and talents across the country—from the powerful builds in Punjab to the agile, explosive athletes in the South. The talent is there. Our job is to find it, nurture it, and give it everything it needs to thrive.

My job at IIS isn't to coach athletes directly—it's to create an environment where excellence is the standard. Where world-class coaching, sports science, nutrition, medicine, and mental support come together in one seamless system. I'm here to build the blueprint for long-term success.

Of course, this move came with sacrifices. My wife, parents, and sons are all back in Manchester. I have a grandson who's taken up Taekwondo himself and keeps me updated with questions about training and performance. We've found ways to stay connected. My wife and I have a plan to travel back and forth so we can maintain the strength of our family while I give my best to Indian sport.

People often ask why I chose this path. For me, sport has never been about comfort or money. It's about belief. It's about purpose. It's about proving that with the right people and the right plan, anything is possible.

India has already started to change the narrative. Neeraj Chopra winning Olympic and World Championship gold in javelin? That was unthinkable a decade ago. But it happened because someone believed, someone planned, and someone executed. That's what I plan to do here.

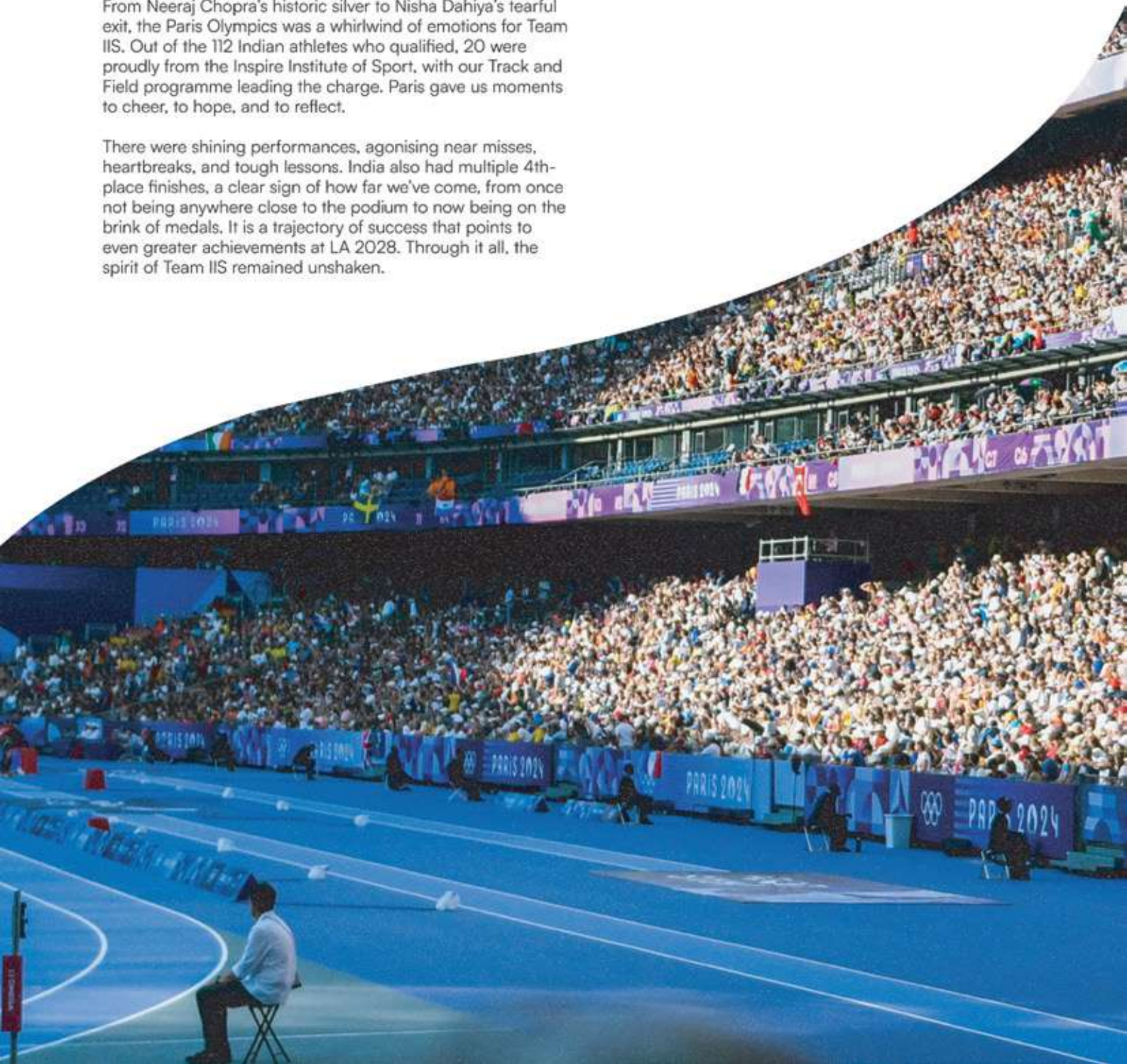




Paris 2024: A Roller Coaster for Team IIS

From Neeraj Chopra's historic silver to Nisha Dahiya's tearful exit, the Paris Olympics was a whirlwind of emotions for Team IIS. Out of the 112 Indian athletes who qualified, 20 were proudly from the Inspire Institute of Sport, with our Track and Field programme leading the charge. Paris gave us moments to cheer, to hope, and to reflect.

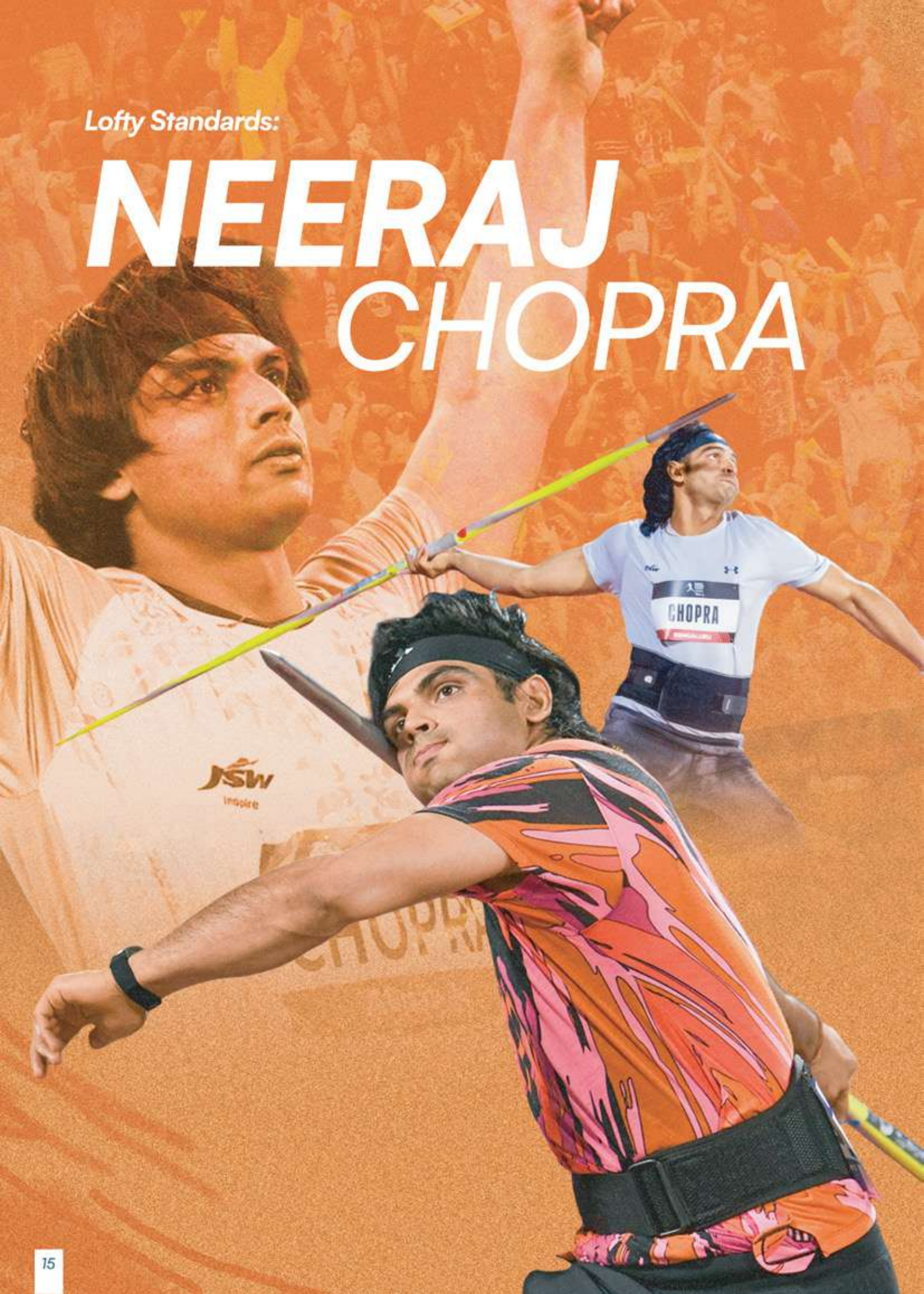
There were shining performances, agonising near misses, heartbreaks, and tough lessons. India also had multiple 4th-place finishes, a clear sign of how far we've come, from once not being anywhere close to the podium to now being on the brink of medals. It is a trajectory of success that points to even greater achievements at LA 2028. Through it all, the spirit of Team IIS remained unshaken.





Lofty Standards:

NEERAJ CHOPRA



Each time Neeraj Chopra walks out to compete, his supporters expect nothing less than a gold medal around his neck. The fans can't be blamed though. Neeraj has finished on the podium in over 25 consecutive competitions since 2020. Going in as the reigning champion, Neeraj was the clear favourite from the word go. And just like in Tokyo, he topped the qualification rounds with a massive season's best of 89.34m.

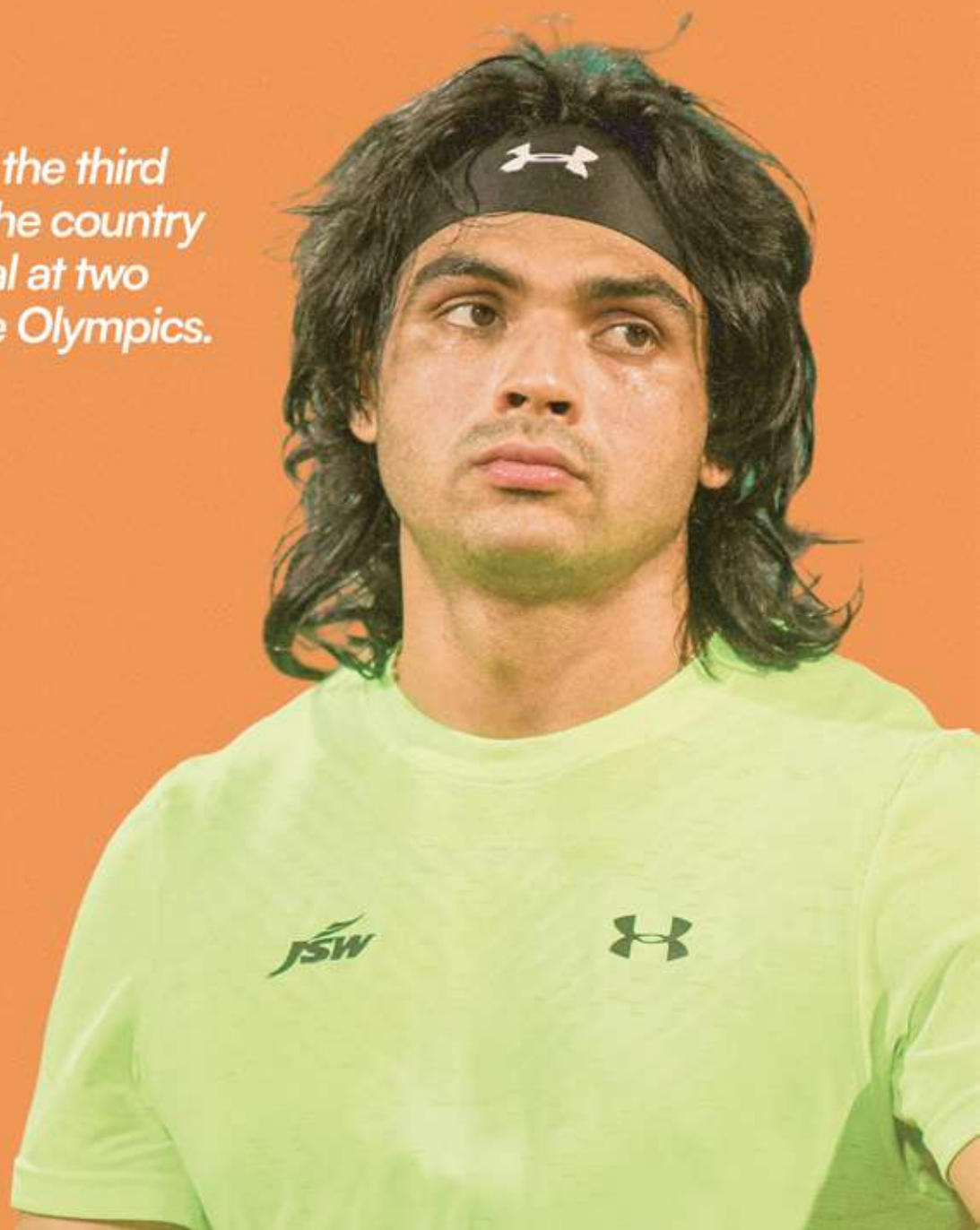
It almost felt inevitable that Neeraj would go on to win another medal, cementing his place as the greatest Olympic athlete the country has ever produced—without an iota of doubt. Expecting such standards from an Indian athlete in track and field just five years ago would have seemed unrealistic and even a tad outrageous.

It's easy to forget that before Neeraj's Tokyo triumph, India had never won an Olympic medal in athletics. It was always a case of near misses. But the Haryana athlete changed the narrative forever and helped Indians break that mental block for good.

Back in Paris, it took an out-of-this-world performance to deny Neeraj the gold. And that's exactly what happened. Pakistan's Arshad Nadeem unleashed two 90-plus metre throws to stun the field and halt Neeraj's quest for back-to-back Olympic titles. Yet, Neeraj still delivered his career's second-best throw of 89.45m to secure the silver medal. Such are the standards he has set that even an Olympic silver left him visibly disappointed, a medal that remains a distant dream for most elite athletes.

On paper, the result may read as "Neeraj settles for silver," but the significance of that silver is enormous. No athlete in India's track and field history has gone such distances. Neeraj's pioneering role in the landscape of Indian sport will be remembered for generations. And the fact that the ace thrower looks set for another podium finish in LA only underscores the mettle and character of our home-grown legend.

Neeraj is only the third athlete from the country to win a medal at two editions of the Olympics.



So Near, Yet So Far:

NISHANT DEV

Few athletes embody the essence of IIS' athlete identification and development programme quite like Nishant Dev. Signed at just 16, he has trained at our Bellary facilities ever since, with Team IIS steadfastly supporting him through every high and low.

It was heartbreaking to see Dev, making his Olympic debut, fall agonisingly short of a medal in Paris.

He lost his quarterfinal bout to Mexico's second-seeded Marco Verde, an opponent he had previously defeated at the 2021 World Championships. Despite leading in the initial round, he was unable to sustain the momentum. Yet, his performance was nothing short of valiant.

At 23, Dev showcased remarkable grit and character, proving himself on the grandest sporting stage.

His journey— is a testament to what IIS stands for: relentless pursuit, unwavering commitment, and the belief that greatness is forged over time.



Heart of a Champion:

NISHA DAHIYA

It was a case of so close, yet so far for Nisha Dahiya, who competed in the 68 kg category at Paris. Although she faced a heartbreaking quarterfinal exit with bruised fingers and a dislocated shoulder, her resilience reflected what IIS embodies — not giving up without a fight.

Nisha, who has been training at IIS since 2019, was confident of returning home with a medal despite arriving in Paris with some discomfort in her collarbone. It was smooth sailing for the Haryana athlete until the semifinal, which she led for the most part, until injury derailed her momentum.

From leading 8-1 against North Korea's Sol Gum Pak to losing 8-10, it was a turnaround no one saw coming. On paper, it may seem like a docile defeat, but Nisha put her heart and soul into the bout, fighting with a dislocated shoulder against the advice of the doctors present at the venue.

"How could I walk out? This is not a small competition. I told them I would fight at any cost. I was 16 when I started wrestling and always dreamt of winning an Olympic medal," Nisha recalled.

With the scores against her and the final bell ringing, Nisha was left in tears. The excruciating pain kept her awake for the next couple of nights. "I cried a lot, but then I picked myself up and said I will get my medal at the next Games," she said.

"Amir sir and IIS has given me a second life in wrestling. When I faced the collarbone niggle a year before the Olympics I just wanted to quit and go home. But I am here because of coach Amir and IIS" - says Nisha Dahiya.

Nisha is now back in shape after her rehab and is training at IIS, having put the haunting memories of Paris behind her. She insists that even after she wins a medal at the next Games, she won't give up her cycle rides and long walks in the park.

"I won't change. In fact, I'll give them autographs and selfies. People may have forgotten my name after Paris, but after I win a medal, that will change."



The History Maker:

AVINASH SABLE

Avinash Sable has firmly established himself as India's greatest steeplechaser. Heading to Paris fresh off yet another national record-breaking performance, he lived up to his top billing, clocking 8:15.43 in the heats to become the first Indian to reach the finals of the grueling men's 3000m steeplechase.

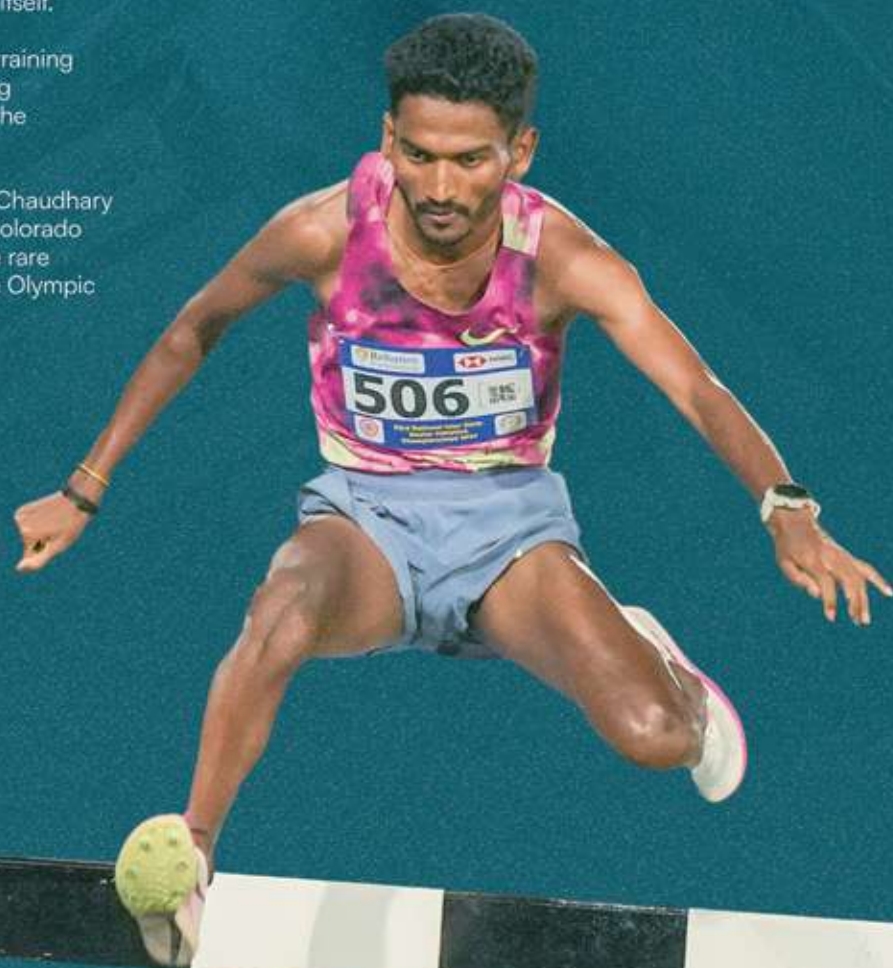
In the final, Sable finished 11th, registering the same time of 8:15.43—about six seconds off his personal best and national record. Had he repeated his career-best timing, he would have placed 8th in a field featuring the world's finest. Regardless, simply qualifying for the finals of a global track and field event is a monumental achievement in itself.

Team IIS meticulously planned Sable's training program from the ground up, managing his competition schedules throughout the Olympic cycle.

Both Sable and fellow trailblazer Parul Chaudhary benefited immensely from training at Colorado Springs in the US, where Sable had the rare opportunity to train alongside two-time Olympic medallist Paul Chelimo.

Hailing from Maharashtra's arid Beed district, the determined armyman has rewritten his own national record nearly ten times. And he isn't done yet. His hunger to break more records and carve his name deeper into the history books remains as fierce as ever.

Sable's personal best and national record is a whopping **20.65s** faster than the second-best India timings.



Steeplechase Starlet:

PARUL CHAUDHARY



Asian Games double medallist Parul Chaudhary delivered a commendable performance in the 3000m steeplechase final, competing against world-class athletes such as reigning world champion Winfred Yavi, Olympic gold medallist Peruth Chemutai, and world record-holder Beatrice Chepkoech.

Parul, India's first and only female athlete to break the **9-minute barrier in 3000m**, clocked a **season-best 9:23.39**, showcasing her grit and determination in an elite field. She also registered a **season-best 15:10.68** in the 5000m heats, finishing 14th.

Fueling champions; the role of nutrition at IIS

At IIS, Nutrition Isn't Just A Pillar - It Is A Central Force That Powers Performance, Sustains Recovery And Builds Long-term Resilience...

From dawn till dusk, every calorie consumed, protein shake prepared and meal served at the Inspire Institute of Sport is part of a precisely calibrated system. One that is designed to optimize physical and mental output.

Far beyond the basic science of food, nutrition at IIS is a philosophy rooted in individualisation, culture and care. Uma Kale, Senior Sports Nutritionist at IIS, talks to us about the role that food plays in individual athlete development.

BOROSIL®

An Integrated Performance Environment

A typical day at IIS begins early, with athletes starting their routines with light, purpose-driven pre-training meals. These are not random breakfast options - they are strategically crafted to provide digestible, energy-efficient nutrition tailored to the session ahead. Throughout the day, meal timings, compositions, and hydration strategies are dynamically adjusted to align with training intensities, recovery phases, and personal performance goals.

Between training blocks, the nutrition team is anything but idle. They engage in athlete consultations, review data, refine strategies, and most importantly, educate.

"Nutrition isn't a separate activity - it's embedded into every phase of an athlete's performance lifecycle. It's both proactive and responsive," says Kale, who has been part of the programme for over two years.



A blend of cooks and coaches

The IIS nutrition team is a finely tuned blend of performance nutritionists and kitchen professionals. While nutritionists oversee strategy and programming - including body composition assessments, supplement plans, and training-aligned menus - the chefs execute these blueprints on the plate. This interesting fusion of science and culinary skill ensures that athletes receive meals that are not only effective but also enjoyable.

What's more? The collaboration doesn't end between the kitchen and the cafeteria. IIS operates on an interdisciplinary model, where nutritionists, physiotherapists, S&C coaches, psychologists, and sport coaches sync weekly to align every aspect of an athlete's nutritional prep. Protocols are adapted for injury status, psychological readiness and even environmental factors like heat and humidity. "Every role, from food prep to supplement protocols, is connected by one mission; helping the athlete reach peak performance safely and sustainably," Kale explains.



Food for culture, comfort, and commitment

At IIS, food is more than fuel - it is identity. For athletes, especially those who have moved away from home to train, meals are anchors of familiarity. The nutrition team works closely to respect cultural food habits while nudging athletes toward performance-enhancing choices.

At IIS, this philosophy of 'food as relationship' is central to athlete education. Young athletes are taught how to eat with intention, how to build a balanced plate, and how to listen to their body's signals.

Through digital tools, infographics, group chats, and one-on-one sessions, the team cultivates nutritional literacy that bodes well for not just winning medals but also a lifetime of health and discipline. Triple Jumper Praveen Chithravel says that the importance given to nutrition at IIS has changed his outlook on food, as a whole.

"Living at IIS has completely transformed the way I view food. The personalised diet and nutrition plans here have played a crucial role in every phase of my journey as an athlete - whether it's training, recovery or preparing for competition. I used to see food as just something to fill me up, but now I understand its power as a tool for performance.

The guidance I've received has improved my strength and endurance and also changed my outlook on food as an essential part of success as an athlete," Chithravel says.

Competition-ready

When major tournaments such as the Olympics or World Championships loom, nutrition planning at IIS turns precision-focused. Intake is periodised alongside training intensity. Mock competition days simulate exact timing and composition of meals - down to a boxer's light pre-bout snack or a wrestler's post-weigh-in recovery plan. Nothing is left to chance.

"Leading into the Olympics, nutrition becomes a fine-tuned engine. We periodize intake with training, closely monitor weight and hydration status, and simulate competition-day routines weeks in advance," Kale shares.

"In the four to six weeks leading into a competition, every bite matters."

It is important to note that even supplement protocols are phased: creatine and beta-alanine for strength phases, Omega-3s during recovery, probiotics during travel, and Vitamin D or iron based on blood markers. Any adjustment made is data-informed and athlete-specific.



“

As nutritionists, we are aware that food is a relationship; there is culture, comfort, and confidence involved in an athlete's choices, for elite athletes, food becomes a daily decision point that impacts performance, mindset, and longevity.”

Uma Kale
Senior Sports Nutritionist

Weight Management sans the crash

With combat sports athletes like boxers and wrestlers, weight-cutting is handled with surgical care. IIS employs a long-term, phased approach - no drastic last-minute cuts.

"At IIS, weight cuts are periodised with great care. We begin well in advance, using gradual reduction strategies and monitoring closely," explains Kale. "The key is early planning, not last-minute panic."

Daily weigh-ins, sweat rate assessments, sodium adjustments, and dry runs of weigh-in scenarios are a process that has been tried and tested, which also helps athletes stay on track without risking their health or performance.

Technology, testing, and tailored planning

Each athlete's journey begins with a comprehensive assessment; DEXA scans, hydration markers, bloodwork, and detailed food recalls. The data from these assessments forms the backbone of a personalised plan that evolves based on athlete needs. Weekly check-ins and performance feedback ensure that their plan stays relevant, whether the goal is muscle gain, endurance adaptation, or recovery.

Building Champions Beyond the Podium

At IIS, nutrition is not an afterthought. It is considered a cornerstone of athlete development, a bridge from training to triumph. By including nutritional thinking into every layer of the performance ecosystem, the Inspire Institute of Sport isn't building just athletes or champions - it's shaping healthier, smarter, and more self-reliant people.

Rehabilitation Through Food

For athletes recovering from injury, nutrition becomes medicine. Anti-inflammatory foods like turmeric, ginger, omega-3s, and brightly colored vegetables are emphasized. Protein distribution is carefully managed to maintain muscle mass during immobilisation. Supplements like collagen (sometimes paired with Vitamin C) and creatine are prescribed at therapeutic dosages.

"Injury recovery is where nutrition becomes therapeutic," says Kale. "The emotional component is key too; we work closely with the athlete to prevent disordered eating or frustration from inactivity."

The moments that matter

The science is robust and the planning is meticulous, but at IIS it's the small wins that make the biggest impact. "One young swimmer recently said, 'I never knew eating more could help me swim faster,'" Kale recalls. "She'd been under-fueling unknowingly. Once we recalibrated her intake, not only did her performance improve, but she also stopped falling sick during heavy training blocks. It's moments like these that validate our work - not just on paper, but in the water, on the mat, and in their lives."

The team that keeps the IIS kitchen running, from daily meals to special diets and events, they make it all happen.



Winter Sports Programme

The IIS Winter Sports Excellence Programme had a productive season focused on preparing Indian athletes in alpine skiing and snowboarding for the 2026 Winter Olympics in Milano Cortina. The programme offers comprehensive, year-round support, covering all aspects of training and athlete development. From expert coaching and sports science to equipment, travel, and competition exposure, every detail is designed to allow athletes to concentrate entirely on their sport.

Arif Khan, India's leading alpine skier, once again demonstrated why he is at the forefront of winter sports in the country. With backing from the programme, Arif competed in several high-level Slalom and Giant Slalom races across Europe. The competition was intense and the conditions demanding, but he remained consistent and resilient throughout the season.



His performances earned him qualification for his second consecutive Winter Olympics, making him only the third Indian to achieve this milestone in winter sports. These races also helped him gain important ranking points and sharpen both his technique and mental strength, setting him up well for the Olympic year ahead.

We also supported Mehraj Hussain Lone, who delivered a series of strong performances. At the 2025 Khelo India Winter Games, he won gold in the Slalom event with an impressive time of 2:09.18, establishing himself as one of the top athletes on the national circuit. He also represented India at the Snowboarding World Championship, competing in the Parallel Giant Slalom and finishing with a commendable time of 1:00.54.

While it was not a podium finish, racing against elite international athletes gave him valuable experience and a clear understanding of the level required to succeed globally. The October to December period was a critical phase in the athletes' preparation. During this time, they focused on strength training, refining their technique, and building mental resilience for the challenges ahead. Mehraj Ud Din Khan and Faizan Ahmad Lone spent close to a month at IIS, working closely with our sports science team.



Arif Khan

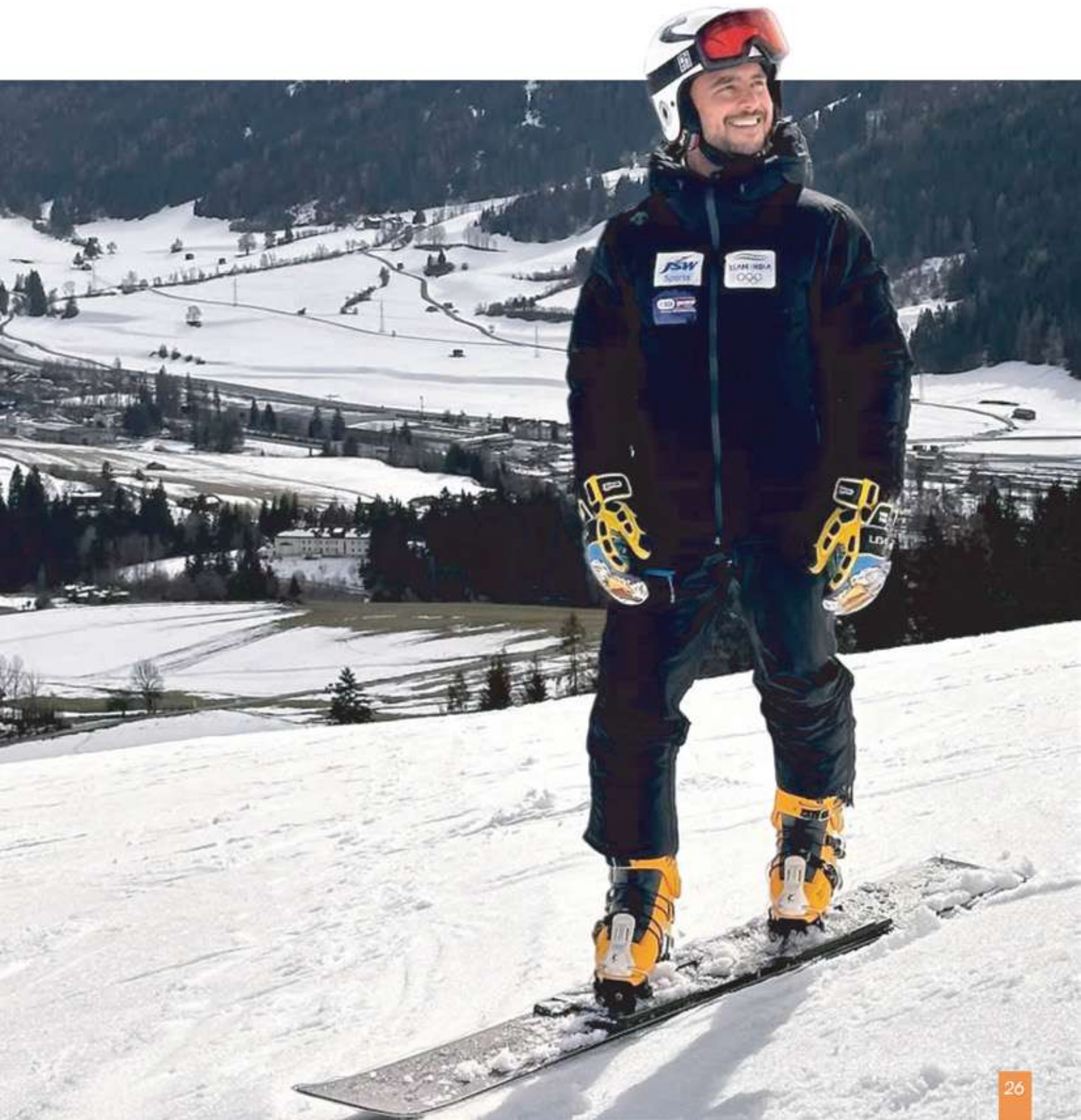
WINTER GAMES	TIME
Slalom Gold Time	2:09:18
Parallel Giant Slalom	1:00:54

They received individualised support in physiotherapy, nutrition, and psychology to ensure they were physically and mentally prepared for the season. Arif Khan trained at the Indoor Ski Slope in Dubai during this phase.

The facility provided a controlled environment that allowed him to focus on technical elements. In November, Mehraj and Faizan joined him, allowing the athletes to train as a group and push each other in preparation for the competition season.

Throughout these phases, the IIS sports science team remained in regular contact with all athletes, offering continuous support on injury management, recovery strategies, and nutrition planning to keep them in peak condition.

From Arif Khan's Olympic qualification to Mehraj Hussain Lone's national title and growing international presence, the programme continues to make significant strides. It is helping raise the profile of winter sports in India while supporting athletes to reach new heights.



“The last couple of years were really tough”

“I was out with a lung injury for much longer than expected. It was mentally draining. But the IIS team never gave up on me. They supported my rehab, stayed in touch, and always reminded me that I had a place here. Coming back to training felt like returning to family.”

Priya Mohan,
Double U20 World
Championship Medalist,
Sprints



“I broke the national record while training at IIS, and then matched it again. What people don’t always see is how tailored the training is here. From the jump count to the gym volume, everything is planned in detail. That level of precision has helped me push my limits consistently.”

Praveen Chithravel,
Asian Games bronze medallist,
Triple Jump





"I've trained at many places, but there's nothing like IIS. You literally get everything under one roof. From the gym to the sauna to physiotherapy, everything is right there. Even when I trained abroad in world class facilities, I had to spend hours driving between facilities. That's why I keep coming back to IIS, especially before major competitions."

Tejaswin Shankar,
National record holder, High
Jump and Decathlon

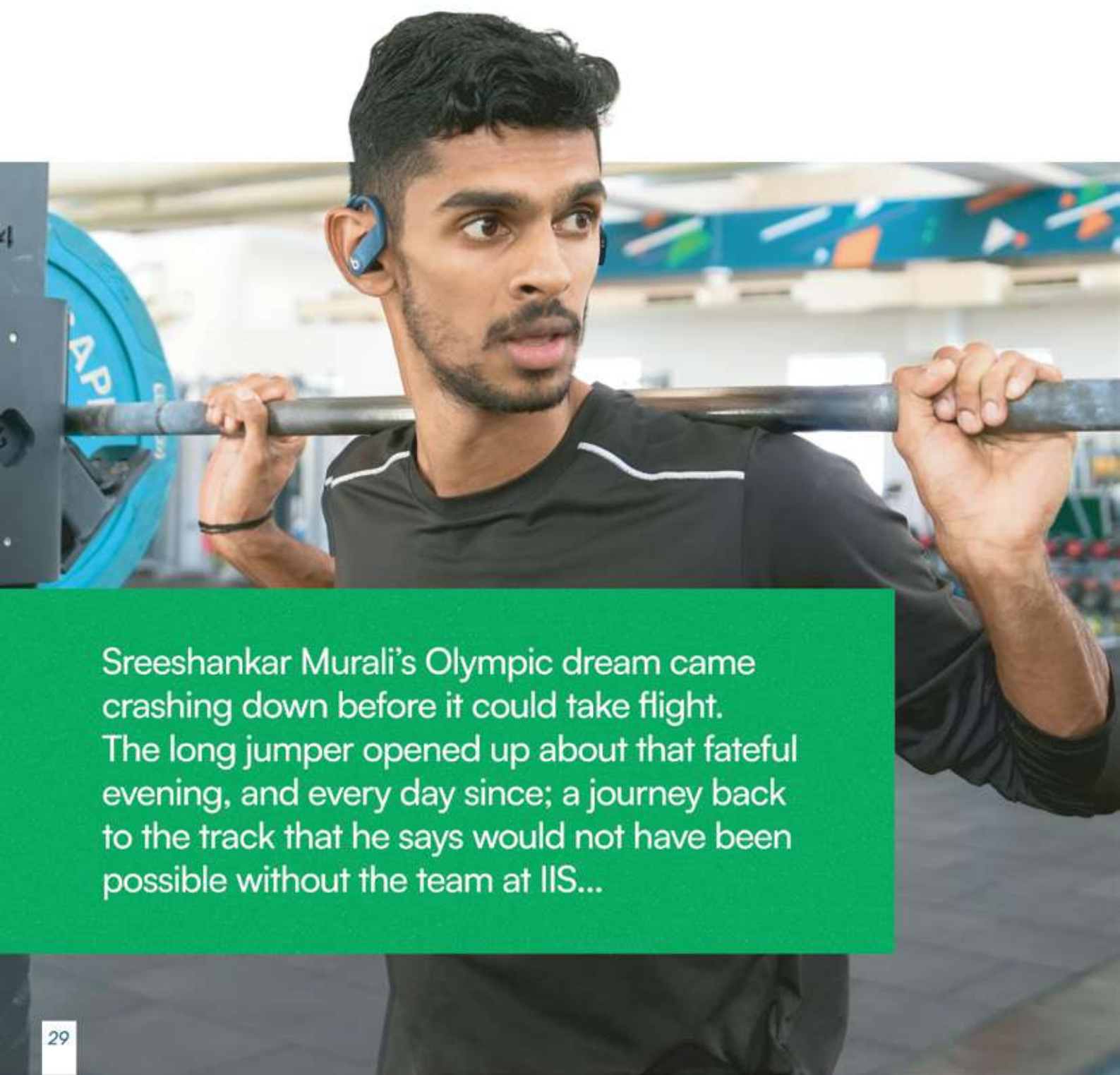
High Performance Culture



"When I was first scouted by IIS, I had no idea what things like nutrition, recovery, or rehab meant. I had never seen an ice bath before. But everything changed once I came here. I learned how to train the right way, how to take care of my body, how to eat for performance. It was a complete mindset shift."

Subhas Das,
400m hurdles

“I couldn’t have done this without my **IIS family**”



Sreeshankar Murali’s Olympic dream came crashing down before it could take flight. The long jumper opened up about that fateful evening, and every day since; a journey back to the track that he says would not have been possible without the team at IIS...

“

“It was devastating. Especially because it was so close to an event I had dedicated my entire life to. I had been working towards the 2024 Olympic Games since before it was even announced that it would be in Paris.

For almost 15 years, my aim was to do something meaningful for India and I felt really close to realizing that. My rankings, my performances; everything was consistent and moving in the right direction. And then this happened.”



The date was April 16, 2024. Just over three months until the opening ceremony of the Paris Olympic Games.

As Sreeshankar Murali launched himself off the board during a training session at his home in Palakkad - performing a routine he had perfected through countless repetitions, he knew nothing about the despair that waited for him at the other end.

An awkward landing and a ruptured tendon later, his Olympic dream was shattered. More than a decade of relentless graft and countless sacrifices undone by one single misstep.

In that moment, Murali went from a medal contender to a spectator. That day, the brutal fragility of an athlete's hopes of a place on the podium was laid bare.

Murali had ruptured the patellar tendon in his left knee, an injury that would effectively end his 2024 season, and with it, the dreams of representing the tricolour at the 2024 Olympic Games.

What's worse? There were those saying he would never jump for India again. It took time, but Murali, speaking to us as he builds towards an exciting 2025 season, says it took just days to block the noise and get going.

“The rational thinking kicked in soon enough. I told myself that it is what it is and I knew I had to accept what had happened and move forward. Once we had scheduled the surgery and started planning the recovery, I was focused only on the comeback.”

A patellar tendon rupture usually happens because of a traumatic accident, fall, or prolonged chronic pain that weakens the tendon. But in my case, there were no signs or symptoms. Training was going exceptionally well; I was hitting personal bests and preparing to compete in two back-to-back Diamond League events in the build up to Paris. I was in a great place, physically and mentally.”

As the tendon snapped, that too during a low-intensity jump, it was shocking not just for Murali but for everyone around him, including his doctors and coaches. His left leg had been rendered completely immobile.

Murali flew from Qatar to Bellary and stayed at the IIS’ state-of-the-art facilities for a period of eight months. In the beginning, he was mostly immobile, relying on crutches, braces and the shoulders of his fellow IIS athletes to get along. IIS’ in-house Sports Physiotherapist Priyam Singh was by his side every step of the way to ensure a smooth and optimal recovery. Once Murali had transitioned into strength and conditioning, Spencer Mackay, IIS’ Head of S&C, took over.

“

“My family and I are incredibly grateful to IIS for their unwavering support - from the moment the injury occurred to this moment today.”

“Manisha ma’am, Kritika ma’am, Priyam bhai, Dr. Sam, Spencer sir - everyone was involved, making sure I received the best possible treatment and care.

They ensured I had access to the finest options for surgery globally and the best rehabilitation protocols. I underwent surgery at the Aspetar Hospital, in Qatar, and from the first day of my rehab, the team at IIS took care of me in every way.”



A structured recovery protocol was followed until November 2024, and throughout this period, Murali's nutrition, recovery, training, and physiotherapy was kept in check by the team at IIS.

"The recovery process was meticulously planned. Every intervention, whether it was a DEXA scan, a biomechanical assessment, or S&C module, was executed at the right time. Dr. Sam (Samuel Pullinger) coordinated with nutritionists; Priyam bhai and the physio team handled biomechanical evaluations, Spencer sir oversaw my return-to-training phase. When I got the green light to return to the track, I was feeling strong and confident. The best part was that there were no incidents of flare-ups, which are quite common in a rehabilitation like the one I had to go through."

Murali says that choosing to do his rehab and recovery at IIS greatly aided his return to action, and credits IIS not only for the physical side of things, but the mental aspect of recovery.

His friends, he says, played an equally crucial role in keeping his mind away from the harrowing thought of missing out on the Olympic Games.

"From the moment I got back to IIS, I was surrounded by friends and immersed in the recovery process. Losing out on the Olympics can be crushing, and for that moment when I lay in the sand, it was. But, at IIS, I didn't feel like I was missing out. The incredible people around me helped me stay emotionally grounded. I felt happy, supported, and focused."

While making use of the world class facilities at IIS, Murali also had fellow athletes Tejaswin Shankar, Nihal Joel and Praveen Chithravel for company. Sharing ideas, discussing training modules and motivating each other - Murali says - made him feel mentally stronger - an oft-overlooked aspect that he maintains was critical in helping him return to his physical peak.

"I consider myself very fortunate to be supported by an institution like IIS."

"The facilities for high-performance training and injury rehabilitation are exceptional. I've trained in places around the world, and I can confidently say that IIS is on par with global standards."

I had some great friends, coaches and staff around me and I can say very confidently that I couldn't have done this without my IIS family. India needs more centers like IIS. We lack high-performance hubs that foster holistic development and I think IIS sets a benchmark for Indian sports infrastructure. With the talent pool we have, facilities like these are essential across the country."

Back from a long layoff, Murali now feels ready to mount a strong comeback. He's set his sights on the 2025 World Championships in Tokyo, and aims to begin his season soon.

His father S. Murali, who also doubles up as his coach, has worked in tandem with his manager Kritika Bhasin to ready a competition schedule that is in line with his recovery module.

Murali believes that the next few competitions will be crucial in his preparation for the World Championships. "I've spent some time training at SAI Trivandrum, but I continue to receive physiotherapy support virtually from Priyam bhai, which has helped keep everything on track. The plan is to resume jumping by late June or early July and then push on towards October and the World Championships. These next few months are really important." When asked for advice to give athletes who suffer potentially career-threatening injuries, Murali's quick to answer.

"I dreamt of the 2024 Olympics from when I was in 6th grade and lost all of that in a matter of seconds. One thing I can tell you is that 90% of what follows a big injury is mental. It's like a game, and you have to be strong enough to set aside your emotions and stay focused on your goals. Injuries are a part of any athlete's journey, and what separates athletes from champions is the ability to bounce back. In those moments of adversity, it becomes about mental strength, discipline and, above all, patience. One thing I've learned through this journey is that no matter what happens, you must trust the process. Keep showing up, keep working - and eventually, the results will follow."

Satellite Vision

The Inspire Institute of Sport, as we always envisioned, isn't a standalone high-performance training centre but rather a pan-India movement. Over the years, IIS has expanded to set up regional centres in Bhubaneswar, Manipur, Haryana, and Himachal that not only work as conveyor belts of talent but also help in promoting identified hotbeds of certain sports. These centres have the freedom to work independently under the framework of IIS and have already delivered exemplary results.

Manipur: Judo Academies

It is not mere exaggeration to say that the IIS is pioneering a Judo revolution in India. We produced Linthoi Chanambam, the first Judo World Champion this country has ever seen, who proved all her doubters wrong. No programme in the country comes close to what IIS offers young Judokas in terms of facilities, coaching, rehab and recovery, competitions, and international training camps.

We have three top-class coaches driving the programme — Head Coach Jiwan Sharma and Head Coach for the Georgia Programme Mamuka Kizilashvili and Senior Coach Gheorghe Dani — along with support from regional coaches who have a knack for identifying raw talent. At present, we are working with three regional centres spread across Manipur — MLSA, United Judo Academy (UJA), and Manipur Judo Academy (MJA) — with a combined strength of over 250 young, talented Judokas.

Most children at our regional centres come from farming families with limited means, but what they don't lack is passion. Many of our trainees had never even heard of Judo before joining our centres. We had to build them from scratch. They were introduced through local outreach or brought in by friends and were selected mainly after passing basic fitness parameters. What they've achieved since is impressive, to say the least.





Since IIS began supporting these centres, athletes have won over 60 national medals—adding to an already growing tally that includes more than 50 national medals and several international appearances. Our regional coaches deserve credit for fuelling this revolution despite the ongoing turmoil in the state.

The connection to Judo here runs deeper than sport. Manipur has a traditional wrestling game called Mugna, and the movements and mindset it involves are very similar to Judo. Coaches say this makes it easier for local kids to pick up the sport. “It already feels familiar to them. That cultural link, combined with the physical traits common in the region—like agility and strong lower-body balance—helps them adapt quickly,” says coach Seema from MJA.

Another unique feature of Manipur Judo is that it isn’t male-dominated like many other sports. Boys and girls start training together from a nascent stage, and there’s a long history of female Judokas reaching national and international levels. Coaches believe female athletes often show more interest and consistency than boys, and that families are increasingly supportive of their daughters taking sport seriously.

Take Helen Murang Kim, for instance. She started Judo when she was just six-years-old, after her sister introduced her to the combat sport.

“Judo has a different feeling. It was love at first fight for me. Its movement, its rhythm is like no other sport,” she says. Now, Helen is not only competing seriously but also becoming a role model in her village. Kids who once only watched from the sidelines are now asking her about the procedure to join the academy.

Manipur’s Judo story goes back to the 1980s, when Surchandra Singh—trained in both karate and Judo at National Institute of Sports, Patiala—returned to the state and began promoting Judo as a standalone sport. His efforts helped lay the foundation for what’s now a thriving Judo culture in the region. Singh passed away in 2017 but left an indelible mark.

Despite all the progress, there were real challenges. Many promising athletes were earlier forced to give up Judo in their late teens due to financial pressure or lack of long-term support. Youngsters didn’t have access to supplements, professional physiotherapists, or proper recovery systems. That’s where IIS, supported by our trusted donors, comes in. We strive to provide the best training and coaching facilities to these emerging talents even before absorbing them into IIS. We will continue to tap Manipur’s natural talent, and we believe that with time, we will produce more world-level athletes. A silent revolution is taking place in Indian Judo, and IIS is proud to be a major catalyst.



Himachal Pradesh: High-Altitude Boxing

Our Himachal boxing programme is a prime example of grassroots development, where we work with talent scouted from the remotest regions of the state. The picturesque Sangla Valley provides a natural high-altitude training setup for our young trainees. The centre also supports over a dozen boxers who train at centres like SAI Hisar, SAI Rohtak, SAI Bilaspur (Himachal), and various colleges across Himachal.

Prodigious talents like Vinakshi and Ashish Kumar, who finished on the podium at the 38th National Games, are testaments to the potential in the region. We have an array of budding talent that we believe will soon represent India on the global stage.

"The school students come to these centres to take training in the morning and evening. The geographical conditions of this area are very harsh, and the villages are totally scattered. Despite these challenges, they try to continue practice throughout the year. Our vision for the coming year will be to produce the best talent for IIS, Hisar, or other high-skill centres," says Ganesh Dutt, Head of Operations.





Haryana: HAU Giri Centre

With 66 percent of Olympic medals coming from Haryana, it would be only apt to call it the Games capital of the country. And with such a track record and potential to grow exponentially, Team IIS could not afford to ignore this region. Haryana not only has a deep-rooted wrestling culture but has also produced top athletics throwers, including Neeraj Chopra. The HAU Giri Centre is a Sports Authority of India-designated facility that IIS has partnered with.

Team IIS has helped upgrade the existing infrastructure and provides trainees in three disciplines—wrestling, boxing, and athletics—with coaching and support staff facilities. The centre is home to one of the brightest young wrestlers in the country and the first woman to win gold at the U20 Worlds, Antim Panghal.

Another youngster from the centre who created ripples in the athletics circuit is Ujjwal Choudhary. The teenager broke the junior national record in discus throw this summer and is touted to achieve greater heights—or rather, distance—in his discipline.

We also showed our organisational prowess by pulling off the first-ever Haryana Dangal Championship on February 19–20, 2025, at the Shaheed Madan Lal Dhingra Multipurpose Hall in Hisar. Around 150 wrestlers from across Haryana participated in the event.

Athletes at our centre in Giri have access to state-of-the-art facilities, while our team also assists local akhadas and wrestlers who are part of our programme.

"With the unwavering support from our partners and a focused approach to grassroots development, our centre has emerged as a hub of high-performance training and athlete progression. Looking ahead, our goal is to expand our outreach, deepen talent identification in rural pockets, and integrate advanced sports science to further elevate athlete development and readiness for the global stage," says Satya Prakash, Head of Operations, Giri Centre.

Odisha: Swimming Programme

We have close to 21,000 swimmers in the programme, spread across 13 Grassroots Centres and one High Performance Centre in Odisha. This is another example of a successful public-private partnership, where the Odisha government provides the necessary infrastructure and IIS manages the programme. It has taken us three years to build up to that number, and it's only going to increase in the future.

We have close to 70 coaches spread across 14 centres. Every centre has at least four Learn to Swim instructors.

Every six months, we conduct a talent identification drive, where one of our local colleagues goes into the field to advertise the programme. Then, at each centre, we conduct a talent identification session and select the kids who show the most potential. These selected athletes are brought to Bhubaneswar to train at our High Performance Centre at Kalinga Stadium.

Currently, we have around 220 trainees in Bhubaneswar (140 at the HPC and 80 in the Advanced group), ranging in age from 9 to 22 years old. Most of these youngsters had no background in professional swimming, but now they are competing and winning medals at State Championships and National-level competitions. Swimmers from our Grassroots Centres also compete regularly in the district and State Championships.

When the programme kicked off, we had just one swimmer in the top 8 at the Senior Nationals. In the recently concluded National Games, our women's team finished second runner-up.

When we joined, we had only six centres. Over time, that has increased to 14, and the government has promised to add seven more centres by August this year. The long-term vision is to have at least one swimming facility in each of Odisha's 30 districts.

This is by far the biggest swimming programme India has witnessed in terms of scale and long-term athlete development. Many of the regions in Odisha have lakes and rivers, and a lot of people grow up around water — they have a natural affinity for swimming. We also have a good number of athletes coming from tribal belts and rural regions. Some had previously left the state due to a lack of training facilities, but have now returned and are swimming for Odisha.

As the programme grows, there's naturally a lot of interaction between local coaches and high-performance staff, many of whom are from outside Odisha. To bridge gaps, especially in language, we regularly involve coaches in international certification courses. For example, experts from the UK have delivered training sessions and interacted with our staff. While language was a barrier initially, we've worked around it over the last two to three years to ensure everyone gets the knowledge they need.





This programme has also had a significant social impact. Interaction, exposure, and learning have brought upliftment to the community.

We've conducted two rounds of the STA Learn to Swim course from the UK — the first had 52 participants, and the second was an all-women batch of 24. Now, we have 76 certified Learn to Swim instructors across the programme, along with several others who have completed SFI certifications.

In addition to our existing initiatives, we are proud to collaborate with World Aquatics on two key projects: Competitive Aquatics and Discover Water. World Aquatics, in conjunction with the Odisha-IIS-JSW swimming programme, presented a swimming clinic in March 2025 for both swimmers and coaches. The clinic was presented by Russell Mark, who was on the USA Olympic swimming team as a coach for five consecutive Games. A total of 24 coaches and 114 swimmers participated in the clinic. This is the first of many planned joint projects between World Aquatics and Inspire Institute of Sport.



This is one of the largest, if not the largest, community based swimming project in the world. The project is starting to bare fruit and soon, through IIS and JSW's vision, Odisha and India will be competitive on the world aquatic stage."

Douglas Eager, Technical Director
Odisha JSW Swimming High Performance Centre



More than medals. Educating the Next Generation of IIS Athletes

Through the NTT DATA Learning Centre and Academic Programme, the Inspire Institute of Sport ensures its young athletes are prepared for life, on and off the field.



At the Inspire Institute of Sport, the pursuit of excellence doesn't end at the podium. While the athletes train to become champions, IIS' educational programme — supported by NTT DATA — makes sure they're just as prepared for life beyond sport. Through the NTT DATA Learning Centre and Academic Programme, IIS is redefining what it means to be a student-athlete.

The philosophy:

The educational philosophy at IIS is rooted in balance without compromise. The understanding that our students are navigating two demanding worlds — rigorous athletic training and meaningful academic progress is the cornerstone.

With an approach that is flexible, athlete-centric, and tailored to their needs, education and sport go hand-in-hand. Training and competition calendars don't mean academics take a back seat. Instead, they shape how IIS delivers a personalised, well-paced learning experience.

IIS' education programmes and curriculums go beyond traditional academics. In partnership with Jindal Vidya Mandir School and other education boards, IIS ensures a structured and smooth academic flow. All along, the institute also aims to integrate life skills such as financial literacy, digital proficiency, time management, and public speaking. These tools equip athletes not just for sporting careers, but for leadership and life.

Life after sport

Not every athlete will go on to play professionally — and that's a reality that IIS embraces, not ignores. For those exploring alternate futures, IIS provides vocational training, mentorship,

and English communication programmes to support diverse career paths, from physiotherapy to sports management. The goal is simple: that every athlete leaves IIS with confidence, capability, and clarity — no matter where life leads.

Family involvement

A key part of this journey is the involvement of families. Through regular academic reviews, counselling sessions, and ongoing communication, we make sure parents and guardians are partners in every decision about their child's development — academic, athletic or otherwise. Our thanks to NTT DATA, whose support powers this essential programme.

Through their partnership, the NTT DATA Learning Centre and Academic Programme is helping us create success both on and off fields. It's helping us build complete individuals — strong in mind, body, and spirit. Because at IIS, we don't just prepare our athletes for tournaments and podiums. We prepare them for life.



The minds behind our champions

From Olympic Medalists to Elite trainers, The Head Coaches at IIS Bring World-class Expertise To Shape India's Next Generation of Sporting Talent...



Troy Douglas

*Head Coach,
Athletics*

A former Olympic sprinter for the Netherlands and Bermuda, Troy Douglas brings decades of experience in elite competition and coaching. His focus on biomechanics and sprint mechanics is key to IIS' performance-driven track program.



Yoandri Betanzos

*Head Coach,
Jumps*

A two-time Triple Jump silver medallist at the World Championships, Cuban Yoandri Betanzos brings a wealth of international experience to his coaching at IIS. Known for his explosive technique, Betanzos now mentors young Indian athletes with a focus on technical refinement, rhythm, and mental preparedness.



Anier Garcia

*Head Coach,
Sprints*

Olympic Gold medallist in the 110m hurdles at the Sydney Games, Anier Garcia is one of Cuba's most decorated hurdlers. Garcia transitioned seamlessly into coaching after retirement, and leads the sprints program at IIS with a sharp focus on speed development, agility, and race strategy. His philosophy blends high-performance sprint methodologies with personalized athlete development, helping sprinters unlock their peak potential.



Amir Tavakolian

Head Coach, Wrestling

An Iranian-American wrestling expert, Amir Tavakolian combines international exposure with grassroots development. He is instrumental in shaping modern wrestling techniques within IIS' high-performance setup. Tavakolian, through his numerous years of experience in Wrestling, has also been vital to the Institute's efforts to give its wrestlers exposure to world class training and facilities.



John Warburton

Head Coach, Boxing

A renowned British boxing coach, John Warburton has worked with national teams across the world. At IIS, he brings tactical intelligence and discipline to nurture future Olympic boxers. The 57-year-old's prowess with the gloves has been instrumental, having collaborated with boxers such as David Haye, Amir Khan, Nikhat Zareen, Audley Harrison and Carl Froch.



Jiwan Sharma

Head Coach, Judo

One of India's most experienced Judo coaches, Jiwan Sharma has mentored national champions and medalists. His deep understanding of Judo's technical and psychological aspects strengthens the sport's base at IIS. In 2018, the Government of India bestowed the prestigious Dronacharya Award to him, for his contributions to the sport of Judo.



Arilson Champam

Head Coach, Swimming

Brazilian coach Arilson Champam is known for developing Olympic-level swimmers, including Brazilian National Record holders. At IIS, he introduces world-class training methods to revolutionize Indian swimming and has overseen the rise of several young talents in a short period of time. Arilson's understanding of science in swimming gives our young swimmers an edge over others in competition.



citi HIGH PERFORMANCE CENTER



The Inspire Excellence Accelerator



A new era
in sports
development



In its aim to bolster India's sporting potential, IIS introduced the Inspire Excellence Accelerator - an attempt To give Indian athletes and coaches a chance to learn from the world's best.



In a significant move, aimed at bolstering India's sporting infrastructure and nurturing Olympic-caliber athletes, the Inspire Institute of Sport launched the Inspire Excellence Accelerator. The dynamic initiative, one that aims to bring together some of the world's most decorated athletes and coaches to share elite training insights with India's next generation of sports stars, kicked off with a Judo Masterclass by three-time Olympic medalist, Lasha Shvdatuashvili.

Shvdatuashvili, whose camp involved workshops, live demos, and direct interactions, spoke about the vast potential of Indian Judo and how he believes grassroots programs, such as those being developed through the Inspire Excellence Accelerator, are crucial for long-term success.

"India has very strong athletes and a good base. With the right exposure, coaching, and competitive opportunities, they can achieve great things internationally," Shvdatuashvili noted. His visit provided young Indian Judokas an invaluable glimpse into what it takes to compete and win at the highest level.

A second edition of the Inspire Excellence Accelerator saw Erica Wiebe, Canada's Olympic wrestling champion and Gold medallist at the Rio 2016 Games, make her way to Vijayanagar. Wiebe, who also boasts a Commonwealth Games title and is widely respected for her experience and mentoring skills, led intensive sessions focused on developing mental and physical toughness, technical refinement, and the unique mindset needed to thrive on the world stage.

The Excellence Accelerator further strengthened its global network with the visit of Hiroyuki Mizuno Sensei, Technical Expert with the All Japan Judo Federation, who conducted a two-day seminar in Delhi on March 21-22.

The Inspire Excellence Accelerator is not just a camp - it is a long-term vision aimed at systemic improvement. The program complements IIS' ongoing commitment to fostering Olympic-level talent across Wrestling, Boxing, Athletics, Judo, and other disciplines. By embedding global best practices into daily training environments and promoting collaboration with international athletes and coaches, the Accelerator offers a truly transformative platform for Indian sport.



Sectors Benefited Under the Programme:

Judo	Coaching Development
Wrestling	International Exposure
Boxing	Mental Conditioning
Athletics	Technical Skill Enhancement

Adding to the growing list of world-class mentors, Komeil Ghasemi, one of Iran's most decorated wrestlers and a two-time Olympic medalist, has also been closely involved with the Inspire Excellence Accelerator through the IEA Wrestling Masterclass. Ghasemi has been actively mentoring young wrestlers at the Inspire Institute of Sport, sharing his vast technical knowledge and international experience. His contributions have extended beyond the mat as well, taking part in the Talent Identification Masterclass aimed at scouting and nurturing the next generation of Indian wrestling talent.

The presence of such athletes, ones who have been there, done that and won that, is symbolic of the Inspire Excellence Accelerator's core mission - to bridge the gap between Indian athletes and international standards of excellence. By bringing Olympic and World Champions to India, the Excellence Accelerator provides young athletes direct exposure to the nuances of elite performance, which may not always be conveyed through conventional training systems.

Komeil Ghasemi



The Inspire Excellence Accelerator is not just a camp - it is a long-term vision aimed at systemic improvement.

The program complements IIS' ongoing commitment to fostering Olympic-level talent across Wrestling, Boxing, Athletics, Judo, and other disciplines.

By embedding global best practices into daily training environments and promoting collaboration with international athletes and coaches, the Accelerator offers a truly transformative platform for Indian sport.

Initiatives like the Inspire Excellence Accelerator are poised to play a pivotal role in creating a more competitive and confident Indian athlete pool, allowing our youngsters to remain unfazed in the face of international competition and exposure.

Through global partnerships, mentorship, and innovation, IIS attempts to push the boundaries of what is possible - not just for its athletes, but for Indian sport as a whole.

Why it Matters

Bringing elite international expertise to Indian athletes is not just a boost in skill—it's a transformation in mindset.

What Has Changed?

- More than 6 Olympic and World Champions mentored rising stars.
- Indian coaches received modern technical know-how.
- New benchmarks set in youth categories.

What's Ahead

- Expansion into para-sports
- AI-based performance analytics integration
- 2025 goal: 10,000+ athletes impacted



22%

Increase in international performance ratings among trainees after participating in the Accelerator.

PLATINUM

IndusInd Bank

JCL

kotak karma

citi

MUFG

Gameskraft
FOUNDATION

JSL
JINDAL STAINLESS

MIZUHO

duroflex

BOROSIL

AXIS BANK

Parle-G

Jefferies

GOLD

WROGN
BREAKAWAY YOUTH FASHION

NTT DATA

SILVER

Glanbia
Performance Nutrition

ENERZAL
ENERGY AND
ELECTROLYTE DRINK

SBI general
INSURANCE
SURAKSHA AUR BHAROSA DONO

ICICI Bank

DOM

BRONZE



PATRONS

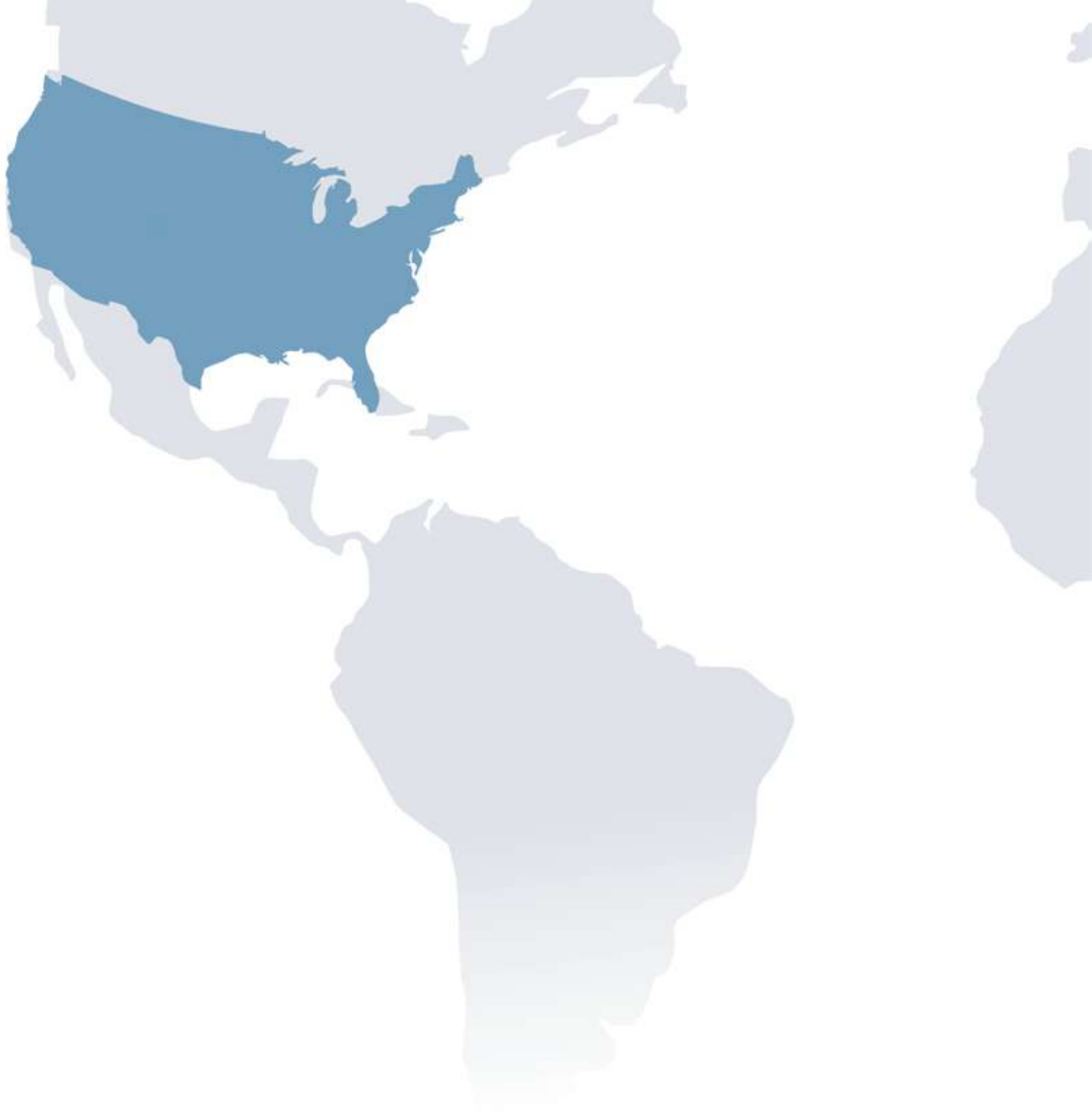


NCAA: A platform to harness India's athletic prowess

Tejaswin Shankar and Selva Prabhu Show the Way as the US Collegiate System Gains Ground as a Powerful Model to Combine Sport and Education for Indian Athletic Talent.







At the Inspire Institute of Sport, every inch that an athlete can gain is one that is **meticulously assessed, strategically approached, and purposefully pursued.**



X



As India looks to establish itself as a global sporting powerhouse, the National Collegiate Athletic Association (NCAA) system in the United States is continually proving to be an invaluable route for young athletes seeking excellence both on the field and in the classroom.

Take the case of Tejaswin Shankar and Selva Prabhu, two athletes who have made the transition and elevated both performance and performance growth. Exposure to foreign training, facilities, infrastructure, and even culture has given them a massive edge when going into competition.



“The NCAA space is a phenomenal development system. It not only factors in education but also works as a buffer to allow an athlete to mature to professional levels.”

Manisha Malhotra,
President, Inspire Institute of Sport.

Shankar, who transitioned from High jump to Decathlon while excelling academically at Kansas State University, speaks highly of the exposure that NCAA gives any young athlete. While at Kansas, Shankar was also part of the Audit Staff at Revenue and Financial giant Deloitte, one of the so-called 'Big Four' accounting firms for over a year.

This mindset shift is one of the most powerful intangibles the NCAA environment fosters - one that transforms how Indian athletes view their potential.

The confidence it gave Shankar also transformed itself into a role as a broadcaster during the Paris 2024 Olympics. The 26-year-old is a strong advocate for the NCAA's ability to instill independence and resilience in young athletes.

"You're out of your comfort zone when you go there and don't find food like dal or roti," he quips. "It is these small things that build character. The more you travel, the more you're exposed to different conditions, the more comfortable you become training and competing anywhere."



"I had a really good experience there because I had the opportunity to compete and train with some of the best in the world. In Kansas, I trained with arguably the best high jump coach globally. That made a huge difference and gave me a competitive edge. I kept thinking - if the best athletes have come through this system, why can't I be one of them?"

Tejaswin Shankar,
Decathlete and National Record holder

"Moving to the US to be part of the NCAA programme has been a game-changer for me. In addition to the difference in the level of coaching and training, I'm also brushing shoulders with athletes from around the world, which gives me the kind of exposure from a cultural point of view. Going into competitions at a global stage with this kind of experience makes it easier to settle in and, by extension, perform better."

Selva Prabhu,

Triple Jumper

Part of K-State's Men's Triple Jump team

““



While he stresses that these are vital life skills, particularly for Indian athletes used to structured, familiar surroundings, Selva, meanwhile, believes that his move to the US has made it easier to adapt, when global competitions come calling.

One of few to make the jump overseas, Shankar remains a strong believer that pursuing education alongside sport is not just possible, but essential.

"In India, kids are often forced to choose between sport and studies by the time they reach 10th or 11th grade. But when I went abroad, I realized it's manageable. It's not easy, but it's not impossible.

Very few make it to the Olympic podium, so having an education to support your career or even enrich your sporting journey is crucial. It gives you perspective and builds character."

"It is very apparent that success on the sports field is much greater with education, and the NCAA provides that synergy," Malhotra adds. While the NCAA route has become more appealing to urban middle-class athletes, it's yet to become the default option."

"A lot of Indian athletes would rather take up a job rather than pursue a path outside their comfort zone. So while it's gaining popularity in certain circles, it's still not the chosen path for many," Malhotra explains.



To help bridge this gap, the IIS is laying the groundwork for broader NCAA access. "We are speaking to a few universities, and while no formal MOUs have been signed, we don't think that's necessary. What's needed are multiple channels into schools of varying levels."

**- Manisha Malhotra
President, IIS**

Challenges remain, especially around independence. "Managing day-to-day training and academics yourself is tough, which is why we're encouraging athletes to be more independent from a younger age.

But, the truth is that the NCAA blueprint is almost flawless. Training alongside the best in the world every day can only raise the bar for Indian sport," she concludes.



 **The Indian EXPRESS**

“

At the Paris Olympics, NCAA produced more gold medallists (127) than the USA and China combined.

The champions belong not just to the US - from French hero Leon Marchand to the track trailblazer from St Lucia, Julien Alfred. 11 other countries, too, benefited from the programme. Beyond the medallists, there were NCAA representatives in the contingents of 125 countries.

- Mihir Vasavda, The Indian Express

Why I Chose to Give Back Through Sport

Arjun Vaidya, Co Founder of V3 Ventures, Reflects On His Lifelong Love for Sport, His Connection with IIS, and Why Investing in Athletes is the Most Tangible Way to Impact Indian Sport...

Sport has always been a big part of my life. I grew up battling juvenile bronchitis and asthma, but once I overcame it, I ran many half marathons and learned lessons that shaped my entrepreneurial journey; those of resilience, managing pressure, and performing when it matters.

My association with Inspire Institute of Sport began in 2018, when Parth took a group of us to see the facility. I remember being blown away by its scale and by Parth's vision - why should a country of over a billion people win only single-digit Olympic medals? Many of us have asked that question, but few have done something about it. That day I felt a facility like IIS was a part of the answer.

Back then, I was running a start-up and couldn't contribute financially. I promised myself that when I could, this would be my first priority. In 2021, after selling my company, I called Parth and asked how I could help. My wife and I made a personal contribution - not as a tick-box CSR activity, but as a commitment to a cause we deeply believed in.

Visiting IIS was an eye-opener - the Olympic countdown clock, the world-class gym, the science-backed testing, and the sheer professionalism of the coaches and trainers.

For the first time, it felt like India had an infrastructure comparable to the best in the world.

The beauty of contributing to IIS is that it's tangible. Through our support, we could track the progress of specific athletes leading up to Paris 2024. Standing in the stadium in Paris, wearing the India jersey, and cheering for Neeraj Chopra was a proud moment - not because of a medal, but because we felt connected to the process.

Sport is not charity; it's an investment in India's future. If corporations and high-net-worth individuals can support even one athlete each, and then others join in, the impact will multiply. I hope this becomes a long-term journey for me. As for my dream? To see India win double-digit Olympic medals - hopefully in LA 2028 and beyond.

For those who love sport and want to give back, just start small. Be part of this reality. Support the process and soak it all in. Together, I do believe that we can make India a sporting nation.

OK!
ER TRYING
VIDE
ONAL
RY FOR
EVIOUS
POSTERS.



IIS in the Community



At the Inspire Institute of Sport, giving back to the community is an important part of our mission. Our work is not limited to developing champions or achieving podium success. It also includes creating opportunities to support young people, families, and communities through the power of sport, science, and education.

The IIS in the Community initiative reflects this commitment. Over the past year, IIS organised several outreach programmes in schools and communities across different regions of India. These programmes aimed to share knowledge, promote healthy practices, and encourage participation in sport. Through these efforts, IIS reached thousands of young people, helping to foster awareness, confidence, and a spirit of inclusion.

Female Sports Awareness Programme

The Female Sports Awareness Programme, supported by Healthium, was designed to encourage greater participation of young girls in sport and physical activity. The programme sought to inspire students to view sport not only as a recreational pursuit but also as a potential pathway to professional opportunities.

The programme reached 25 schools across Karnataka, Haryana, and Manipur. In total, more than 6,600 students attended motivational talks, while nearly 1,800 participated in hands-on training sessions. Additionally, one dedicated sports room was established and strength and conditioning equipment was installed in 22 schools.

The initiative was led by 22 IIS Athlete Leaders from athletics, wrestling, and Judo. These athletes shared their personal journeys, highlighting the



transformative impact of sport in their own lives. Their openness and authenticity resonated strongly with the students, providing them with relatable role models.

Each session included an inaugural welcome, a motivational panel discussion, and an interactive training session. The event concluded with photographs, autographs, and feedback from the students and school staff.

The programme engaged:

- 9 schools in Karnataka, with 2,795 students attending talks and 347 participating in training
- 11 schools in Haryana, with 2,880 students attending talks and 545 participating in training
- 5 schools in Manipur, with 930 students attending talks and 895 participating in training

For the Athlete Leaders, the programme was also an opportunity to give back to the community and develop leadership and public speaking skills.

Menstrual Health Awareness Session

Addressing topics that are often overlooked is an essential part of the IIS in the Community initiative. Menstrual health remains one such subject, where stigma and lack of information continue to affect the well-being of many young girls.

On 20 August 2024, IIS conducted a Menstrual Health Awareness Session at Jindal Vidya Mandir, HST. The objective was to create a safe and supportive environment where students could access accurate information and engage in open discussion.

A total of 234 girls from grades six to nine attended the session, accompanied by their teachers. The session was conducted by a seven-member IIS team with expertise in physiology, nutrition, and mental health.

Dr Ragini Adhikari led the segment on understanding the menstrual cycle, supported by Sophie Smyth and Eloise May from Liverpool John Moores University (LJMU). Nutritionist Uma Kale, along with intern Supriya Raulo, addressed dietary considerations, while psychologist Vaishali Chaudhary and intern Molly Hails covered the topic of mental well-being.

The session focused on four key areas: the menstrual cycle, hygiene practices, nutrition, and mental health. The interactive format encouraged students to ask questions openly. Many participants expressed that this was the first time they had access to such a comprehensive and supportive discussion on the subject.



Physiology Week at IIS

In November 2024, IIS celebrated World Physiology Week by conducting a series of educational activities aimed at raising awareness about sports science among students and athletes.

On 20 November, ninth-standard students from JVM HST School visited the IIS Sports Science Lab.

The students engaged in a variety of interactive activities, including handgrip strength testing, reaction time assessments using Blaze Pods, and a quiz on sports and physiology. The session provided valuable insights into how science supports athletic performance, and the students demonstrated great enthusiasm throughout the experience.

Later that day, IIS athletes participated in a session on Respiratory Physiology conducted by Dr Ragini Adhikari. The session provided athletes with a deeper understanding of how the respiratory system functions during training and competition, equipping them with practical knowledge to enhance their performance.

Through initiatives like Physiology Week, IIS continues to promote scientific literacy and foster a deeper appreciation for the role of sports science in achieving athletic excellence.



FINANCIAL REPORT

Expense Heads	Boxing	Wrestling	Judo	Athletics	Fencing	Shooting	Squash
Technical Coaches Professional Fees	1.06	1.05	1.06	1.96	-	-	0.17
Athlete Management & Other Professional Fees	2.32	2.78	2.39	1.33	-	-	0.02
Sports Science, Physiologist & Physiotherapist Professional Fees	1.31	1.58	1.42	0.73	-	-	-
Education Expenses	0.21	0.25	0.23	0.12	-	-	-
Stipends	0.45	0.64	0.06	0.92	-	-	-
Medical Consumables & Services	0.73	0.88	0.79	0.40	-	-	-
Training, Technical Equipments & Services	2.34	2.26	3.23	2.39	-	-	0.03
Travel & Conveyance	3.07	2.50	3.45	5.59	-	-	0.55
Meals & Nutrition	2.16	2.87	2.28	1.22	-	-	0.01
Facilities Maintenance And Security Expenses	0.81	0.98	0.88	0.45	-	-	-
Facility Rent And Usage Charges	0.58	0.70	0.63	0.32	-	-	-
Operational Expenses	0.38	0.41	0.41	0.21	-	-	0.00
Insurance	0.15	0.18	0.16	0.08	-	-	-
IT Technical Support Services	0.07	0.09	0.08	0.04	-	-	-
National Championship Events	-	0.75	0.35	-	-	-	-
Contribution To National Sports Federations	1.74	2.80	1.78	2.53	1.0	2.0	2.46
Winter Sports Olympics	-	-	-	-	-	-	-
Capex Equipments/ Expenses	0.78	0.93	0.83	0.47	-	-	-
Total	18.17	21.64	20.02	18.76	1.0	2.0	3.25

FINANCIAL REPORT

Expense Heads	Swimming	Gymnastics	Tennis	Winter Sports Olympics	Badminton	Rowing	TOTAL (Rs. Crores)
Technical Coaches Professional Fees	4.25	-	-	-	-	-	9.56
Athlete Management & Other Professional Fees	1.10	-	0.03	0.12	0.03	0.00	10.14
Sports Science, Physiologist & Physiotherapist Professional Fees	0.64	-	0.02	0.07	0.02	-	5.79
Education Expenses	0.10	-	0.00	0.01	0.00	-	0.92
Stipends	0.24	-	-	-	-	0.02	2.34
Medical Consumables & Services	0.35	-	0.01	0.04	0.01	-	3.21
Training, Technical Equipments & Services	3.95	-	0.01	0.06	0.02	-	14.30
Travel & Conveyance	2.86	-	0.02	0.01	0.04	0.00	18.09
Meals & Nutrition	1.03	-	0.03	0.11	0.03	-	9.72
Facilities Maintenance And Security Expenses	0.40	-	0.01	0.04	0.01	-	3.58
Facility Rent And Usage Charges	0.28	-	0.01	0.03	0.01	-	2.55
Operational Expenses	0.22	-	0.01	0.02	0.01	0.00	1.67
Insurance	0.07	-	0.00	0.01	0.00	-	0.65
IT Technical Support Services	0.04	-	0.00	0.00	0.00	-	0.33
National Championship Events	-	-	-	-	-	-	1.10
Contribution To National Sports Federations	0.32	-	0.01	0.04	0.01	-	14.68
Winter Sports Olympics	-	-	-	0.50	-	-	0.50
Capex Equipments/ Expenses	0.37	-	0.01	0.04	0.01	-	3.45
Total	16.22	-	0.17	1.10	0.19	0.03	102.56

Stories of Grit and Growth

At IIS, talent is matched with opportunity in a system designed to help young athletes thrive. Through discipline, access to elite support, and a relentless drive to improve, athletes across sports have turned potential into performance. Leishangthem Nungshithoi Chanu and Hitesh Gulia are two such athletes who continue to excel...



**Leishangthem
Nungshithoi Chanu**

Quiet strength on the rise

Nungshithoi began her Judo journey in 2015 in Mayang Imphal, Manipur, inspired by her mother, a former state-level judoka. After training at the National Sports Academy, her potential caught the eye of IIS.

Judo Head Coach Mamuka Kizilashvili. In 2017, at just 11 years of age, she made the trip to Bellary and joined IIS. She quickly made her presence felt with gold medals at the Sub-Junior Nationals in 2015 and 2019. In 2022, she made her international debut with a silver at the Asian Junior Championships, followed by a bronze at the Asian Championships the next year. Despite a challenging 2024 season, she returned stronger in 2025, winning gold and silver on the European junior circuit and proving her ability to adapt and compete under pressure.

Nungshithoi is currently part of the Georgia relocation programme where she trains alongside top international Judokas. Exposure to Japanese technique and Georgian power-based styles has sharpened her tactical understanding. At IIS, she benefits from world-class coaching, medical and nutritional support, mental conditioning, and strength training, all while continuing her education through a degree in Physical Education and Sports.

Her next goal is to become Junior World Champion. With her discipline, hunger to learn, and long-term vision, she has her sights firmly set on the 2028 Los Angeles Olympics. The foundation she has built at IIS puts her on a steady path toward becoming one of India's most promising Judokas.

A Fighter's Rise:

For Hitesh Gulia, boxing was never part of the plan. Raised in the village of Jahangirpura in Haryana, he and his family moved to the city for better opportunities. It was during evening fitness sessions at a local stadium that he first stepped into a boxing ring, more to lose weight than to chase a dream.

That changed when a coach noticed his potential. His parents, both former drivers, supported his interest despite financial challenges. With his father no longer able to work due to knee issues, the pressure was high. In 2022, Hitesh earned a job through the sports quota in the Indian Navy. It gave him stability, a platform to grow, and a way to support his family.

His move to the Inspire Institute of Sport that same year transformed his training. For the first time, he had consistent access to structured practice, expert coaching, recovery tools, nutrition, and medical support. The change was immediate and it showed in his results. Hitesh began by winning national gold, followed by medals at the Boxing World Cups. A standout moment came when he clinched gold at the World Boxing Cup in Brazil. All of these came after his arrival at IIS, and he is quick to credit the former Head Coach Boxing John Warburton who worked with him closely during that period.

What stands out most for Hitesh at IIS is the culture. He speaks of a shared respect among athletes from all sports, a space where no one is treated differently. The opportunity to train alongside peers from different disciplines has broadened his thinking and made him a more grounded athlete.

Currently preparing for the Asian Championships, Hitesh has completed his assessments and is waiting on final selection. With a strong mindset and the support of IIS, he is focused on climbing to the next level, one fight at a time.



Hitesh Gulia

A photograph of Piyush Agarwal, a man with glasses and a mustache, wearing a dark vest over a light blue shirt. He is seated and speaking into a microphone. The background features a large blue and white logo with the letters 'MIZUHO' partially visible.

Making waves, one stroke at a time

Piyush Agarwal, Senior Managing Director at Mizuho India Opened Up About Mizuho Bank's Support Of IIS' Swimming Programme, And What It Means To Support Indian Sport...

Historically, Mizuho's CSR efforts have focused on traditional avenues such as contributions to the PM Relief Fund, healthcare, and various livelihood support programs. Partnering with the Inspire Institute of Sport marked a bold shift toward private-sector collaboration - an initiative that carried economic implications, but one we fully embraced.

We were well aware that India's challenges - poverty, undernourishment - can make sport seem like a luxury. But movements like Khelo India and Fit India remind us that holistic development is essential. Sport builds pride, resilience, and a sense of belonging. It was never a flight of fancy; supporting IIS made sense to all of us.

When all of us at Mizuho first engaged with the Inspire Institute of Sport, we knew we were stepping into something different - but we didn't realize just how deeply impactful this journey would be. Parth Jindal's passion was palpable.

His vision for Indian sport - and what he's trying to achieve for the country - was impossible to ignore. We felt compelled to stand with him, and support him, not because of the scale of our monetary contribution, but because of the belief that even a small part, played sincerely, could help push him to dream bolder. That humility, combined with the professionalism and commitment of the IIS team, made the partnership feel right from day one.

Yes, a lot of eyebrows were raised. Why swimming? Why a sport that has historically not shown too many signs of promise? The answer was there. Our decision was made precisely because not many choose it.

At Mizuho, we have always believed in doing the more difficult things. Swimming, to us, is not only a competitive sport - it's also a basic life skill. After the 2004 Tsunami, a study revealed that many lives around the world would have been saved had more people known how to swim. For a country with thousands of kilometres of coastline, a very small percentage of Indians know how to swim. We saw this not just as an investment in sport, but in safety, in public health, and in national resilience.

Our involvement has had unexpected rewards and while there have been many highlights, one of the initiatives that I hold close to my heart is our 'Athlete Buddy Programme' with IIS, where Mizuho employees spent time interacting with swimmers at IIS. It was eye-opening - seeing firsthand the discipline, the struggle, and the dedication it takes to compete at the highest level. It wasn't just inspiring; it built empathy and a personal connection to our purpose.

Mizuho's global mission has been to innovate together with clients for a prosperous and sustainable future.

Supporting IIS and swimming aligns with that purpose. Not because medals alone matter - but because impact does.

What makes this partnership truly special is the IIS' ability to take us along with them on this journey. This isn't just a financial collaboration; it's a shared vision, built on trust, driven by belief, and fueled by a desire to create change.

The Mizuho Buddy Programme was a first-of-its-kind initiative that allowed employees of Mizuho Bank to get a peek into the lives of a budding Olympic athlete, through curated video calls and conversations where athletes shared their experiences.



From Georgia, with grit

In What Is The Country's Most Ambitious Judo Programme Yet, Six Talented Judokas From The IIS Stables Have Pitched Tents In Akhmeta, Georgia, Where They Are Battling More Than Just A Bitter Winter In Their Pursuit For Glory

In a quiet, nondescript village of eastern Georgia, far from the hustle of the city, a bunch of young Judokas and a visionary coach are laying the groundwork for what could bring out the much-needed revolution in the sport. We at IIS are known for pushing the boundaries in athlete development, and this rather ambitious yet well-planned project is just another example. After rigorous ground-level research and analysis, we have set up a full-fledged international training base in Akhmeta, Georgia.

Led by Georgian coach Mamuka Kizilashvili, this Judo programme is a long-term project where our athletes will be exposed to the best of training and competitions. Our vision is clear: to immerse our young talent in the European Judo culture and give them an opportunity to taste the intensity of the region.

The idea is to build a sustainable athlete development model, exposing our athletes to the best technical and tactical training. The regular exposure to the European circuit will help them adapt to the physicality and pace of elite-level competition that they might not face on the domestic circuit.





At the heart of this project are six prodigious Judokas from the IIS stable. Leading the group is Linthoi Chanambam, India's first World Champion and a major medal hope in the Olympics. We also have the talented Aditya Solanki, who is known for his clean groundwork and sharp transitions. Then there is Nungshithoi Chanu, who is tactically sharp and known for her counterattacks. At the heavyweight front, Yash Vijayaran is a serious talent to watch out for. Manipur's Huidrom Olivia Devi and Jeeny Chanambam are among the brightest young Judo talents in the country. They are a cut above the rest on the Indian circuit and it's the perfect time they are tested on European shores.

Their routine is demanding but purposeful. For five days a week, they train in Akhmeta under Georgian coaches, with sessions packed with technical drills, tactical refinement, and intense sparring. One day a week is spent in Tbilisi, where they enter the national centre and spar with some of Georgia's top athletes, gaining exposure to high-pressure, high-standard situations. Sundays are reserved for recovery, with time allocated for physiotherapy and mental rest. Complementing their Judo work are two dedicated sessions of strength and conditioning every week, designed to match the physical demands of modern international competition.

A two-hour journey from the capital city of Tbilisi, Akhmeta is a quiet, remote, and ideal spot for elite athletes to train. The training facilities include a fully equipped dojo (space for combat), fitness spaces, and recovery rooms. The athletes stay in a private residential complex equipped with a gym.

The athletes are in constant touch with our nutritionists at IIS, who monitor and plan their diet charts. While keeping in mind Indian dietary



This is a one-of-a-kind project that we have never seen in Judo. These kids will train and get used to competing regularly on the European circuit. This exposure and training will help them become world-class athletes. We have the potential to win more global medals, and Linthoi has already shown us what systematic training can bring out.

Mamuka Kizilashvili,
Head Coach, Judo

habits, we also encourage our athletes to consume lean meats, legumes, rice, vegetables, and fruits.

The biggest challenge about training in Georgia is dealing with the bone-chilling winters. It is surely a tough adjustment for athletes who aren't used to such harsh weather. Akhmeta's isolation may make it a great place for training without distractions but at times can be a bit taxing. Then there's the language barrier, the cultural shift apart from the sheer intensity of Georgian Judo training. But our athletes know that excellence comes at a cost.

But what's heartening is that our athletes are adapting quickly. They are learning to be self-sufficient, navigating their routines, training hard, and showing signs of the maturity that elite athletes possess.

The base was officially launched in November 2024, and this initial phase will run for at least a year. Regular performance assessments are in place, and the next step is clear: integrating these athletes into European cadet and junior competitions. These events will not only provide competitive match experience but also help gauge progress against international benchmarks.

For Indian Judo, which has often struggled to break into the world stage, this is a quiet but significant shift. It's not just about chasing medals. It's about creating an ecosystem where medals are the by-product of process and persistence.

And so, in the quiet lanes of Akhmeta, the groundwork is being laid. The first steps have been taken.



Building Champions: A Year of Progress Across IIS Olympic Programmes

The past year has been one of hard work, learning, and steady progress across all five Olympic sports programmes at the Inspire Institute of Sport (IIS). Our athletes have trained, competed, and grown through a packed calendar of domestic and international events, high-performance training camps, exposure to elite environments, and day-to-day commitment on the ground have helped lay a stronger foundation. The goal remains simple, to build sustainable pathways for Indian athletes to succeed at the highest level. The following pages provide an overview of the year gone by across each programme.

Wrestling

It has been a season of remarkable progress for the wrestling programme at IIS. Our athletes travelled far and wide, pushing themselves against the best in the world, and bringing back not just medals, but invaluable experience and belief. None more so than Antim Panghal and Nisha Dahiya, who proudly qualified for the Paris Olympics, a big moment for the programme.



Over the year, IIS wrestlers took part in 31 national and international competitions. Close to 100 wrestlers gained critical exposure to high-pressure environments, something training sessions alone can't replicate. These opportunities have been key in helping them gauge their progress and prepare for the demands of international wrestling.

Seven of our leading women wrestlers, including Olympians Nisha and Antim, attended a 13-day camp in Hungary. Sparring with international athletes and learning from European coaching styles proved immensely valuable in their Olympic preparation. IIS also hosted the United World Wrestling (UWW) International Women's Training Camp, where 32 athletes came together for an intense week of learning and collaboration. Our ongoing partnership with UWW, and deep ties with the wrestling community in Haryana, continue to strengthen our talent pipeline in this heartland of Indian wrestling.

The competitive season brought plenty of highlights. At the Senior Asian Wrestling Championships in Amman, Antim Panghel added a bronze in the 53kg category to her growing medal tally. Manisha Bhanwala took her performance to the next level, upgrading from a string of previous bronzes to a well-earned gold.

At the U23 Freestyle Wrestling Tournament in Armenia, our seven-strong team returned with gold, silver and bronze medals, showing they can match the best young wrestlers globally.

In Iran, a team of 11 junior male wrestlers faced the always-tough Ayandeh Sazan International Tournament. They came home with six medals and secured a second-place finish overall.

Our junior athletes also stood out on the global stage. At the U15 and U20 Asian Championships in Thailand, Nikita and Dhanshri clinched gold for India. Dhanshri also shone at the U20 World Championships in Spain, battling to a silver medal in the 62kg weight class after a hard-fought final against Ukraine's world No. 8. At the U17 Worlds in Jordan, India topped the women's team standings, with IIS athlete Rajnita playing a key role in the triumph.

These results reflect the depth and consistency of the IIS wrestling system. With Paris Olympians now in our ranks, and many more contenders rising through the system, the programme is on a strong upward path.

Key Performances

Parle-G® IndusInd Bank

TOURNAMENT NAME	ATHLETE NAME	POSITION
U20 World Wrestling Championship	Nikita	62kg silver
U23 World Wrestling Championship, Tirana, Albania	Shiksha	56kg bronze
World Military Championships, Yerevan, Armenia	Jaideep Virender	74kg gold



Judo

It has been a year of steady progress for the Judo programme at IIS. Across 22 national and international events, over 60 Judokas represented the Institute. The emphasis throughout the season has been clear, show up, keep learning, and stay focused on long-term goals, including Olympic qualification.

Judo is one of the most competitive sports globally. Success demands consistency, adaptability, and the ability to handle intense pressure. Our athletes embraced these challenges, gaining experience not just for medals, but to better themselves as competitors.

Exposure through international training camps played a vital role this season. Judokas attended eight camps in Georgia, Switzerland, Austria, Croatia and Japan. These camps were about more than training, they offered opportunities to spar with international athletes, learn new techniques, and adapt to unfamiliar environments. Four athletes, Huidrom Olivya Devi, Leishangthem Nunghithoi Chanu, Linthoi Chanambam and Ngangbam Dipapati Devi, featured in all camps and emerged as pillars of our growing women's Judo team.

Competitions brought their share of highlights. Seven IIS Judokas represented India at the Asian Junior Championships in Korea, where Arun Kumar and Ishroop Narang reached the podium. Their success reflects their readiness for the next level.

At the Senior National Championships in Delhi, our largely young IIS team returned with eight medals and four fifth-place finishes. Their ability to compete against seasoned seniors shows the strength of our development pathway.

A standout event was the IIS Sangai Cup in Manipur. IIS Judokas delivered a dominant performance, winning 18 gold medals and securing the Best Contingent award across three categories. Such events are helping foster a wider grassroots base for Indian Judo.

From training camps to major competitions, the Judo programme continues to build momentum. With a strong support system in place, increasing international exposure and committed athletes, the programme is moving in the right direction.

Key Performances



ASIAN JUNIOR CHAMPIONSHIPS, KOREA	SENIOR NATIONALS
<ul style="list-style-type: none"> - Arun Kumar, 73kg bronze - Ishroop Narang, 78kg bronze 	<ul style="list-style-type: none"> - 3 gold, 1 silver and 4 bronze medals





Swimming

It has been a year of solid growth for the swimming programme at IIS. With 37 athletes competing across 17 events, both nationally and internationally, it was a season defined by commitment, learning, and resilience.

Swimming is one of the most demanding Olympic sports, with a deep global talent pool. Staying sharp throughout the year is not optional; it is essential. Our swimmers embraced this reality, staying focused on building a strong competitive foundation and pushing themselves to the next level.

A highlight was the 50-day high-altitude training camp in Sierra Nevada, Spain, where Olympic prospects trained alongside some of the world's best. The camp provided a platform for skill refinement, mental conditioning, and exposure to world-class training methods. The swimmers returned not only fitter and faster but with a stronger understanding of what it takes to succeed at the elite level.

Another milestone was the international training camp under world-renowned technique coach Russel Mark, organised by the World Aquatics Clinic. The camp focused on starts, turns, underwater segments, and stroke mechanics. These technical gains are already translating into sharper race performances.

At the 77th Senior National Aquatic Championships, IIS swimmers made a strong impression. Astha Choudhary, Bikram Changmai, Praveen Kumar and Avni Chhabra secured medals in all their events, a testament to their preparation and resilience under pressure.

In open water swimming, Anurag Singh emerged as a trailblazer. At the Open Water Swimming World Cup in Portugal, Anurag represented India with distinction, finishing 25th in the 10km event against a world-class field. He followed this up with a sixth-place finish at the Asian Open Water Swimming Championship in Hong Kong, signaling India's growing presence in this discipline.

The season concluded with the Singapore National Age Group Championships, where 15 senior and two junior swimmers competed against a strong international field. Atharvaraj Patil's two podium finishes in the 800m and 1500m freestyle events were standout moments.

Looking ahead, the focus remains on building a robust long-term pipeline to support Indian swimmers at the global level. This year has laid another solid layer in that journey.

Key Performances

SENIOR NATIONAL AQUATIC CHAMPIONSHIPS	SINGAPORE AGE GROUP NATIONALS
- 4 gold and 4 bronze medals	- Atharvaraj Patil: 800m freestyle silver, 1500m freestyle bronze - Behera Chinmayee: 1500m freestyle bronze



Boxing

The past year in boxing at IIS was packed with activity and growth. Seventy athletes competed across 40 competitions, both in India and internationally. But beyond the numbers, what stood out was the hunger and dedication of our boxers.

Every day in the gym was about learning, improving and proving themselves. Athletes logged countless hours through sparring, technical drills, tactical sessions and video analysis. The focus was on building well-rounded fighters ready to take on diverse challenges.

One of the standout moments came at the Youth World Championships in the USA. Thokchom Supriya Devi represented both IIS and India, advancing all the way to the final and earning a silver medal in the 54kg category. Her performance underscored what determined preparation can achieve.

At the National Games in Bareilly, IIS boxers delivered strong performances. Hitesh claimed gold in the 70kg category, with Sachin Anil adding another gold in the 55kg class. Amit Kumar secured silver in the 65kg division, while Harsh Choudhary and Sachin Siwach took bronze. Even those who

didn't medal showed significant progress, contributing to the programme's depth.

At the School Nationals in Delhi, Manshi Nagar and Shah Asad Mumshad Ali clinched gold. Mihira Sripurapu and Harshit Kumar earned silver medals, displaying great maturity for their age.

At the Elite Women's Nationals in Greater Noida, Sanju Khatri stood out with a silver in the 60kg division, boxing with poise and control. Kalaivani secured bronze in the 51kg category. For others, the tournament provided valuable experience under national-level pressure.

International exposure played a big role this year. IIS boxers trained and competed in Russia, Kazakhstan, Thailand, France, Abu Dhabi, Bahrain, Italy and Brazil. These experiences broadened their tactical understanding and adaptability, crucial for future success.

The year has reinforced one truth, the hunger to excel is alive and well in the IIS boxing gym. With continued support, this is a group poised for bigger stages ahead.

Key Performances



YOUTH WORLD CHAMPIONSHIPS, USA	NATIONAL CHAMPIONSHIPS
- Thokchom Supriya Devi, 54kg silver	2 gold, 1 silver and 2 bronze medals





Athletics

It has been a productive and challenging year for the athletics programme at IIS. Sixty athletes competed in 34 events, gaining valuable race experience and testing themselves at top national and international competitions.

High-performance training camps were a cornerstone of development this season. Athletes trained across multiple countries, including Turkey, Sweden, Spain, France and the Bahamas, alongside elite peers. These camps helped raise their standards and improved both physical conditioning and mental toughness.

IIS athletes made an impact on the Diamond League circuit. Neeraj Chopra, fresh off his Olympic silver medal, threw a season-best 89.49 metres in Lausanne, securing second place. Avinash Sable returned to the global stage in Silesia, clocking 8:29.96 in the 3000m steeplechase, a valuable experience as he works toward future podium finishes.

At home, the 38th National Games in Dehradun showcased IIS talent across disciplines. Praveen Chithravel led the way with gold in the men's triple jump. Sandra Babu captured silver in the women's long jump and bronze in the triple jump. Ankita shone in distance running, winning gold in both the 5000m and 3000m steeplechase, plus silver in the 10,000 metres.

The Ramraj sisters, Vithya and Nithya, continued their strong form in hurdles events. Vithya took gold

in the 400m hurdles and silver in the 400m, while Nithya earned bronze in the 100m hurdles. The men's 4x100m relay team also impressed, securing silver.

In field events, Shenavaz won gold in the long jump with a leap of 7.7 metres. Rohit Yadav secured silver in javelin, and Kuldeep Kumar added bronze in pole vault.

The season wrapped up with the Opens 400m competition in Trivandrum, where Vithya once again stood out with a silver medal run.

The programme continues to build a strong base of talent ready for the global stage. The combination of elite training, exposure and competitive opportunities is helping shape well-rounded athletes prepared to take the next step.

As many as four athletes from Team IIS, including triple jumper Praveen Chithravel, secured qualification for the Paris Olympics through the World Athletics 'Road to Paris' ranking system. To maximise their chances of accumulating valuable ranking points, IIS carefully planned their competition calendars, ensuring participation in higher-rated international meets. Strategic exposure through overseas training camps and global competitions played a crucial role in preparing our athletes for this milestone.

Key Performances

DIAMOND LEAGUE	INDIAN OPEN THROWS COMPETITION
<ul style="list-style-type: none"> - Neeraj Chopra: 89.94m throw, National record - Avinash Sable: 8:09.91s in Paris, National record 	<ul style="list-style-type: none"> - Ujjawal Choudhary: Junior Discus Men's National Record, 59.34m



Engineering Champions; how IIS is transforming Sports Science in India

With Cutting-edge Research, Advanced Data Analytics and Athlete-focused Nutritional and Psychological Support, IIS Is Redefining the Role of Science In Indian Sport and Athlete Development...



Having steadily positioned itself at the forefront of sports research and development in India, the Inspire Institute of Sport's Sport Science team has been a driving force in the success of its athletes. From technology-led performance tracking to sport-specific nutrition advice and sport psychology support that helps athletes better understand how their mind works, the Institute has restructured its approach to ensure holistic and individualized support for athletes.

"There have been a few significant advancements when it comes to sports science at IIS," says Dr. Samuel Pullinger, former Head of Sport Science at IIS, and current Head of Performance Science. "We've seen the acquisition of a new Performance Analysis and Data team, live tracking of athletes in training and additional video analysis in competition. Through this shift, the individual departments are working closer together, ensuring every athlete receives tailored support."

This integrated structure brings together the medical team, physiotherapists, Strength & Conditioning experts, nutritionists, psychologists and performance analysts - all collaborating seamlessly to maximize athlete potential.

Raising the bar

The use of technology has been transformative in shaping training methods at IIS. From heart rate monitoring systems to real-time performance data, coaches and support staff now have an unprecedented window into athlete readiness and recovery.

"It's quite evident now that tech plays a very important role within sport and sports science," explains Dr. Pullinger. "We use the data we receive through the monitors to track athletes in training and understand their current levels compared not just to themselves and their peers, but also to global benchmarks so that we know what they're trying to achieve."

Boxing has been one of the sports to benefit most from these innovations. Through targeted physiological testing, training regimens have been individualized, resulting in measurable gains in conditioning. "We've seen major advancements in their physical conditioning. Athletes are now in a better state when it comes to training and competing at high intensity," adds Dr. Pullinger.



Research That Matters

Sports Science at IIS extends beyond training and into research with long-term impact. Two key studies have focused on athlete sleep patterns and behaviour and vitamin deficiencies.

"What we found through our research on Sleep Deficiency and Sleep Behaviour is that athletes in general do not sleep enough. We're working with coaches to address this, so that it can have a positive impact," says Dr. Pullinger. "Another study highlights deficiencies in Vitamins B and D, which we have learned mirrors the general Indian population. Once published, this will lead to improved support structures for athletes."

The aim is to make sure that these findings are influencing policy within the Institute, to ensure that athletes are not only stronger and faster, but also healthier and more resilient.



Shaping the Mindset

Beyond physiology and technology, IIS has placed renewed emphasis on the psychological dimension of performance. The focus is shifting from applied sports psychology to understanding how the brain functions in elite sport.

"There's been a massive shift in athlete conditioning at IIS. We're providing psychological support because we want athletes to believe that they can compete and win at the international level. That mindset change is crucial," stresses Dr. Pullinger.

The emphasis on resilience and confidence comes in the wake of several near-podium finishes at Paris 2024. At IIS, the ambition is to turn fourth places into medals by LA 2028.



The Road Ahead

With the adoption of a new Athlete Data Management system in the coming year, IIS is set to streamline collaboration across all departments. This innovation will allow even more precise monitoring of athletes in training and competition, enabling sharper interventions and individualized programming.

"The last year has been a fantastic achievement and something we need to be very proud of considering our research and how far we've come. That IIS is now a well known and recognised face in Indian sport is down to the performance of our athletes, but also the individual work that goes on behind the scenes. But the things yet to come will only make us stronger as a front runner in Sports Science, Nutrition, Analysis, Physiotherapy and Medical Support. There are exciting times ahead and the aim now is to keep pushing forward to win more medals at LA 2028.



Building Platforms, Building Champions

From Pune to Hisar to Imphal, IIS stepped out of the walls of Vijayanagar to organise national-level competitions that gave young athletes exposure, opportunity, and hope...

Pune: First Taste of Nationals

In January, IIS partnered with the Judo Federation of India and the Maharashtra Judo Association to host the Sub-Junior and Cadet National Judo Championships at the Shiv Chhatrapati Sports Complex in Pune.

For over 500 Judokas representing 31 states, it was a week they would never forget as most Judokas got their first taste of a national-level meet. For the youngsters, walking onto the mat under bright lights and in front of crowds was a surreal feeling.

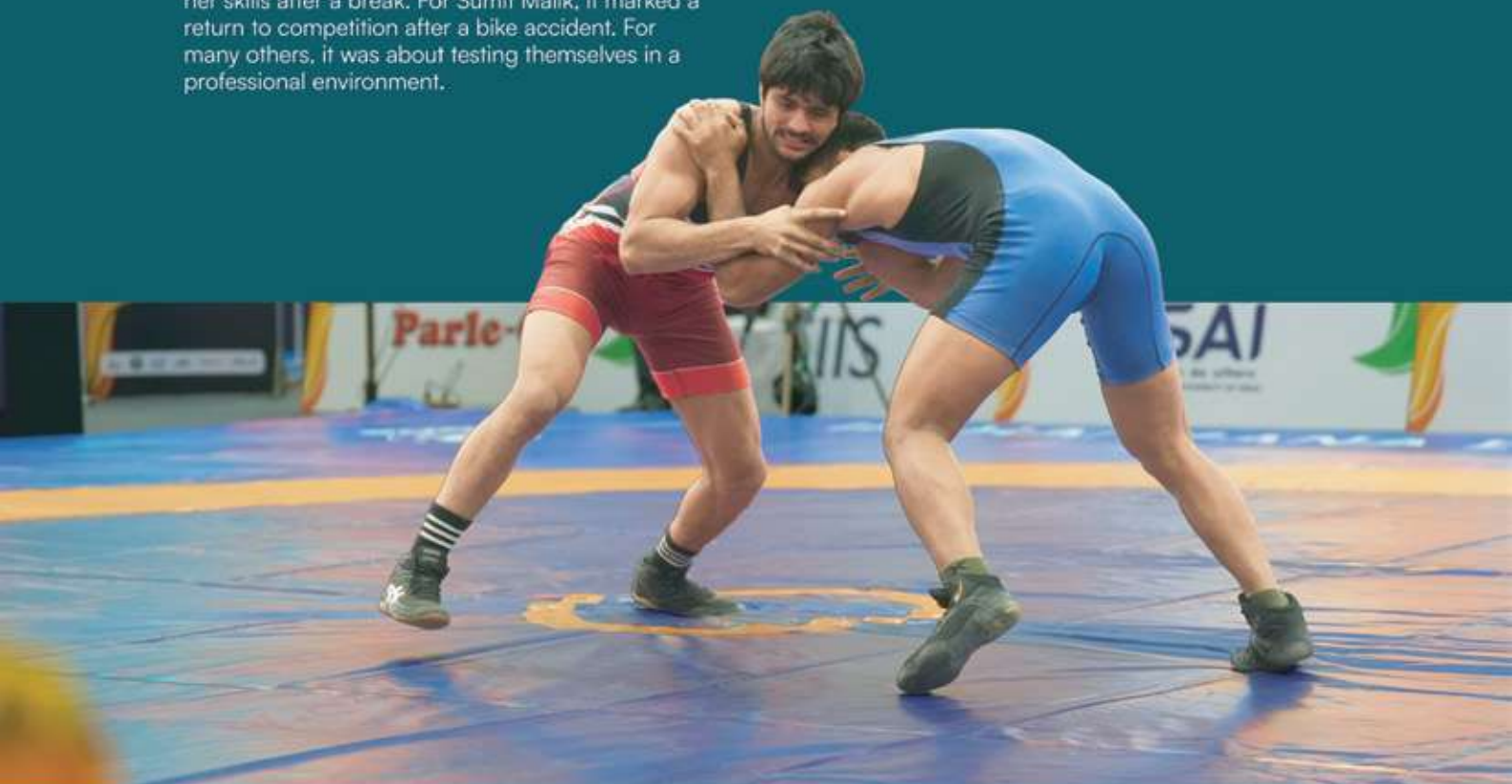
IIS fielded a team of 11 Judokas, and eight returned with medals, including five gold. Lanchenbi Thokchom, who won the women's -52kg title, was named Best Judoka of the championships. The tournament also became a scouting ground for IIS, a chance to identify young athletes with the potential to become future champions.



Hisar: Dangal with a Difference

In February, IIS turned to wrestling with the IIS Dangal Championship in Hisar. Nearly 250 wrestlers entered, each with different goals. For Antim Panghal, it was an opportunity to sharpen her skills after a break. For Sumit Malik, it marked a return to competition after a bike accident. For many others, it was about testing themselves in a professional environment.

The weekend stood out not only for the wrestling itself but for its integrity. IIS invited NADA officials to conduct dope tests, the first of its kind at a privately organised event in India. The message was clear: for wrestling to move forward, it must remain clean.



Imphal: Resilience in the Northeast

In March, IIS took the Sangai Cup back to Imphal. The second edition of the event was staged under the shadow of political unrest. Yet, with the support of the Manipur Judo Association and local administration, the competition went ahead and made a difference.

The Sangai Cup was not only about medals. It was about reminding young athletes in the Northeast that their sporting dreams mattered and we at IIS would put every effort to bring it to fruition. IIS fielded 22 Judokas, 18 of whom won gold. IIS was declared Best Team in two categories but more than the results, the event was a story of resilience. It gave Judokas in the region a reason to smile.



Beyond a Training Base

These events reflected what IIS stands for. Not only medals, not only elite preparation, but also outreach, organisation, and opportunity. By creating competitive platforms, IIS is broadening the base of Indian sport and discovering the next Linthoi Chanambam or Antim Panghal before they make headlines. With the support of our donors, we will continue to build and organise tournaments across the country.

The lack of quality competitions is often cited as a barrier by athletes across age categories, and IIS is committed to helping address this gap. This effort also aligns with our larger vision of leading India's Olympic movement. At these competitions, the focus is on providing youngsters with a platform and giving scouts the chance to identify talent. This is how we will build the future.



Broadening Our Global Reach

In 2024, the Inspire Institute of Sport took important steps to strengthen its global ties. Our most significant progress came through new partnerships with United World Wrestling (UWW) and the International Judo Federation (IJF). These collaborations have helped us connect with the international sporting community and have also brought meaningful changes to grassroots development efforts across India.

Wrestling: Partnering with UWW to Grow the Sport in India

One of the major highlights of the year was the signing of a Memorandum of Understanding with UWW, the global body that governs wrestling. The agreement was signed in Paris at the Wrestling House, with UWW President Nenad Lalovic (in pic) and IIS Founder Parth Jindal present.

The Eiffel Tower in the background made the moment all the more memorable.

But what truly matters is what this partnership means on the ground. It focuses on giving Indian wrestling the boost it needs through better training for coaches along with increased exposure and regular competitions for wrestlers. With UWW's guidance, we have already begun expanding our efforts in Haryana, a state known for producing many of India's top wrestlers.

Over the last year, we held several competitions and talent identification events across Haryana. These efforts are aimed at discovering promising athletes early and giving them a platform to grow. We believe that the next generation of champions is already training in small towns and villages. Our role is to find them, support them, and help them reach the highest level.





Judo: IIS Recognised as a High-Performance Centre by IJF

Another proud moment came when the International Judo Federation named IIS as an official High-Performance Judo Centre. This recognition reflects the high standards we have maintained in our training programmes, facilities, and athlete development approach. Being part of the IJF's international network of excellence allows us to offer our Judokas a clear path to the top. It also confirms that our work is on the right track. However, our work in Judo is not limited to the IIS campus. We have expanded our efforts nationwide through partnerships with the Judo Federation of India and key state associations in Maharashtra, Delhi, and Manipur.

These partnerships have helped us set up a full calendar of scouting and competitions across the country. By focusing on regions known for Judo talent, we are ensuring that potential athletes are identified and supported early in their journey.

Building from the Ground Up: Grassroots Expansion in Athletics

While wrestling and Judo gained strong momentum this year, our grassroots programme in athletics also took shape in a focused and meaningful way.

Through a new partnership with the Tamil Nadu Athletics Association, we have established a development pathway aimed at nurturing young talent in one of India's most promising states for track and field.

A key part of this effort is the 'Train the Trainer' initiative. This programme equips local coaches with up-to-date methods and tools so they can better support athletes from a young age. By strengthening coaching at the grassroots, we are building a foundation that can support long-term success in athletics.

What ties all these efforts together is a simple goal: to create real opportunities for young Indian athletes. Through international collaborations, national partnerships, and local engagement, we are working to bridge the gap between talent and opportunity. The journey is ongoing. But this year has shown us what is possible when people come together with purpose and a shared belief in the power of sport.

The IIS Impact 2024-25

Over The Course Of FY 24-25, IIS Widened Its Footprint, Delivering Impact Across Satellite Centres, Sports, Academics And Careers...

Social Impact

415+

Participants in Female Athlete Health Awareness (FAHA) sessions.



1250+

athletes supported through various programmes.

415+

athletes received mental health support.



High Performance Centre (HPC) Impact

15000+

strength and conditioning
sessions conducted.

5000+

massage therapy
sessions provided.

15000+

physiotherapy
sessions delivered.

6000+

instances of sports
medicine support extended.

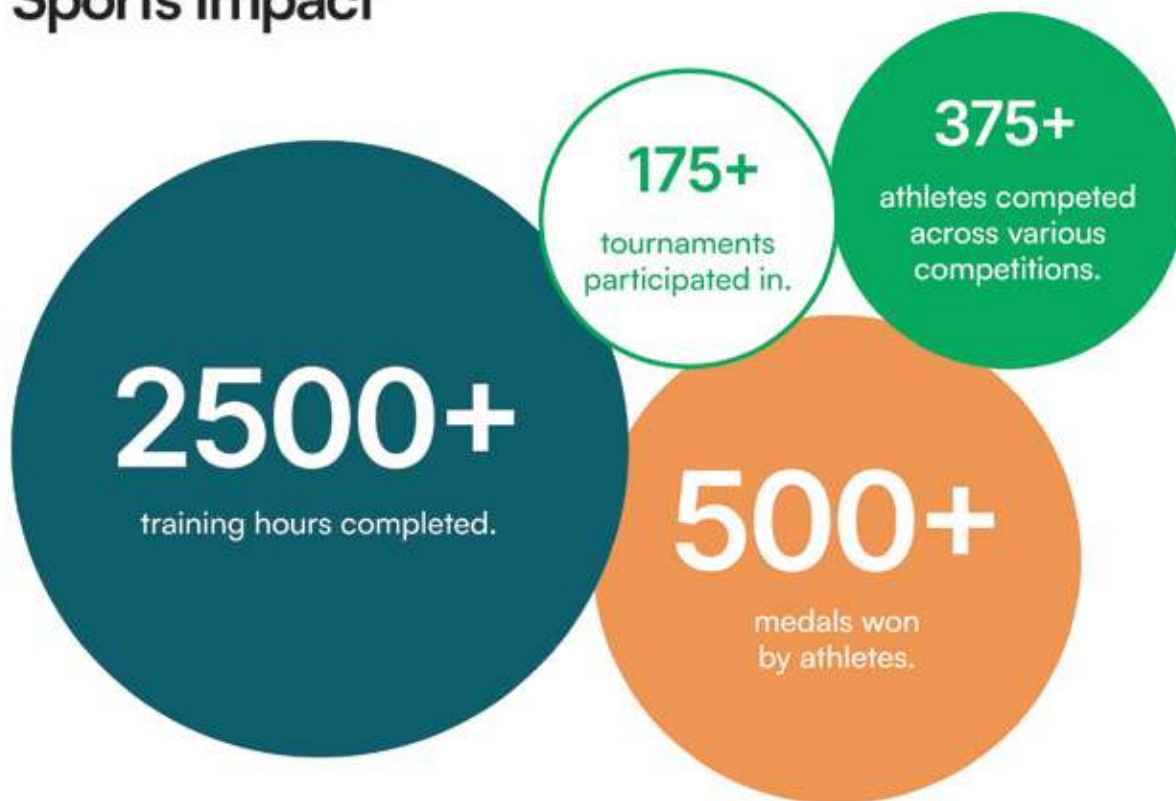
500+

nutrition sessions organised.

2000+

physiology tests administered.

Sports Impact



Academic Impact



Career Transition Support





INSPIRE
INSTITUTE
of SPORT