



VOL. 1, ISSUE 2 , FEBRUARY 2025

# THE TOSS

— SPIN THE WHEEL —

P R E E T I P A L

Paris Paralympics 2024



100m T35

200m T35

## Inside This Issue

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## Director's MESSAGE



Dear Readers,

I hope you all are doing well and paying attention to your health and fitness journey. Welcome to the February edition of our monthly newsletter 'The Toss'. In our inaugural edition, we spoke about the transformative power of sports in shaping our personality by building character, discipline and resilience. As we move forward, IIG Sports Academy reinforces its commitment to nurturing not just athletes, but well-rounded individuals empowered to face every situation of life with grace and confidence.

In this edition, we want to focus on the power of determination and consistency. These are the key ingredients in the recipe for lasting success. Determination helps you block out every shred of doubt and cross every challenge to reach your target. Consistency, on the other hand, helps you build on your small daily efforts to achieve outstanding results.

Talent might just set the stage for you, but determination and consistent efforts drive your success and help you retain it for long. There are many athletes in the history of world sports who stand testimony to this. Whether you are trying to perfect your technique or build endurance, showing up every day and giving your best effort is what makes you a champion!

So, let's commit ourselves to keep pushing forward; because each step forward is one step closer to our dreams.

Warm Regards,

**Prasanta Kumar Puan**  
Director, IIG Sports Academy.

## Campus Feed



19th KTGS Open School

### CHESS TOURNAMENT



The 19th KT Global School All Odisha Open School Chess Tournament was organised by IIG Sports Academy at I-Hub, Patia,

Bhubaneswar on 2nd February 2025.

Grandmaster Swayams Mishra graced the occasion as the Chief Guest. Mr. Pradip Kumar Sahoo, CFO, IIG Group and Mr. Prasanta Kumar Puan, Director, IIG Sports Academy were present as the Guests of Honour. Lalit Ranjan Sahu won the tournament while Manish Mishra and Vineet Nayak bagged the 2nd and 3rd position respectively.

### CA & CS CRICKET LEAGUE 2025



IIG Sports Academy played host to the CA and CS Cricket League 2025. The CA and CS Department of Odisha played their

league cricket matches at the KT Global School Cricket Ground on the 8th, 9th, 16th, and 22nd of February 2025.

SMS Group Corporate

### CRICKET TOURNAMENT



It was a pleasure to host the SMS Group Corporate Cricket Tournament at our KT Global School cricket ground on 23rd February 2025.

A total of 8 teams participated in the tournament and fiercely competed for the trophy. After a series of intense matches, "Team Hustlers" emerged victorious and claimed the winner's trophy. Congratulations to the champions and all participating teams for displaying their impressive skills and sportsmanship.



# PRAVANJAN

Head Coach (Cricket) - IIGSA



## Batting Tips

1. Play close to your body to control your shots.
2. Keep your head still while playing a shot.
3. Watch the ball closely to judge its line and length.



## Bowling Tips

1. Maintain a strong alignment for better control.
2. Focus on a smooth and consistent release point.
3. Aim to bowl wicket- to-wicket, maintaining a tight line.

## Sports Science & Wellness

### Common Sports Injuries and their Prevention

#### Learn the Basics

**SPRAIN** – A stretched or torn ligament

**STRAIN** – A stretched or torn muscle or tendon

#### Acute Injuries VS Overuse Injuries

Acute injuries result from a sudden trauma, such as a collision or fall. Treat with R.I.C.E



**R**est



**I**ce



**C**ompression



**E**levation

Overuse Injuries are sustained from repeated action when the body does not have time to heal. Don't ignore these signs:

- Pain that increases with activity
- Swelling
- Decreased range of motion



# Common Injuries in your Sport



## Basketball

Ankle Sprains, Knee Injuries



## Football

Ankle Sprains, Knee Injuries, Concussions, Shoulder Injuries



## Gymnastics

Achilles Tendinitis, ACL Sprains, Shoulder Injuries, Wrist Sprains



## Tennis

Rotator Cuff Injuries, Elbow Tendinitis, Calf Strains



## Soccer

Achilles Tendinitis, Knee Sprains, Concussions, Muscle Strains in Hamstrings and Groin



## Running

Ankle Sprains, Runner's Knee, Shin Splints



## Swimming

Rotator Cuff Injuries, Biceps Tendinitis, Knee Sprain or Strain



## Volleyball

Ankle Sprains, Finger Fracture, Dislocations, Sprain and Strain, Rotator Cuff Tendinitis

## Tips for Prevention



Get a preseason physical and follow your doctor's recommendations.



Wear well-fitting protective gear and use appropriate equipment for your sport.



Warm up before each practice or game.



Increase training gradually over time and cross-train to strengthen different muscle groups.



Practice safe techniques for your sport.



Seek timely medical care for an injury. Do not 'play through the pain'. This may worsen the injury.



# Sports Tech Snippets



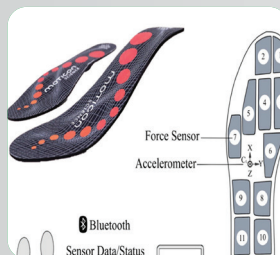
Technological innovations in protection gear mark a significant progress in player safety. The NFL reported a 17% decrease in concussions this season attributing the decline to innovations like Guardian Cap which enhance traditional helmet protection.



Advanced cameras capturing 40,000 images per second were used at the Paris Olympics to determine race outcomes almost instantly. This technology enhances fairness and accuracy in competitive events.



English company Okkulo has developed a training system using varied low-light conditions to improve soccer players' visual-motor skills. Tests with professional teams showed significant improvements in reaction times and depth perception.



GPS-enhanced smart insoles which can track routes, distance, foot strike patterns, balance, and cadence are proving a complete game-changer for runners seeking detailed performance analytics. This data can help athletes improve technique, reduce injury risk, and optimize performance.



# SPRINTING AGAINST ALL ODDS

**T**he biggest weaknesses can sometimes turn into your greatest strengths, if met with an attitude, determination and resilience like Preeti Pal's- India's only athlete to win a track medal in the Olympics. Born on 22nd September 2000, in Hashimpur- a small village in Uttar Pradesh's Muzaffarnagar district, Preeti's fight against life's challenges started right after her birth.

Born with leg deformities, Preeti's lower body was put in a cast within six months of her birth to improve her posture. Recounting people's harsh remarks in her childhood Preeti, the second girl child of her parents, shares, "People would say '*ek to ladki, upar se viklang*' (She is a girl in the first place, and on top of that she is born with a disability). I don't think many people were happy at my birth. Everyone wanted a boy."

Battered by people's criticism and adamant to cure their child, the clueless parents gave in to every kind of treatment they could afford which mostly involved quackery and primitive methods. Preeti even had to stand for hours in knee-deep cow dung during the eclipse with her mother fervently hoping and praying the trick would magically reshape her daughter's legs. Preeti had begun wearing callipers by age 7 and continued like that for the next 8 years.

As she grew, Preeti along with her siblings was sent to live with her grandparents in Meerut for better education facilities. It was here that Preeti first showed the signs of a budding track athlete as she was inclined more towards sports in school. She would fearlessly compete with able-bodied students and was quite swift. It was now that she discovered that her biggest weakness of not being able to stand on heels was proving as a blessing in disguise as she naturally ran on toes which was a requirement for sprints.



Preeti Pal's historic victory at Paralympics 2024



Eventually Preeti met para discus thrower Fatima Khatoon which gave direction to her dreams. Fatima introduced Preeti to the possibilities of para sports which strengthened the latter's resolve to train as a professional track athlete. Preeti braved through every obstacle including household responsibilities, financial struggle and lack of proper diet to train hard. Finally, she made her international debut at the Para Asian Games in Hangzhou, China in 2022 where she narrowly missed a podium finish and was placed fourth.

Devastated at not winning a medal, Preeti discussed her challenges with Fatima who introduced her to Gajendra Singh, an army man and coach husband of para athlete Simran Sharma.

Gajendra Singh took Preeti under his wings and her training took a new turn with change in technique, proper diet and focus on endurance and strength building.

From there, Preeti went on to win 2 international medals in the T35 100m and 200m events at the World Para Athletics Championships 2024 in Kobe, Japan (T35 classification is designated for athletes with coordination impairments with conditions such as hypertonia, ataxia, athetosis and cerebral palsy).

Pumped by her success, Preeti entered the Paris Paralympics 2024 with the confidence to come back with medals and scripted history by bagging 2 bronze medals in the T35 100m and 200m sprint to become the first athlete of independent India to win Olympic medals in track events.

With her remarkable feat, Preeti not only broke India's medal deadlock in Olympic track events but also silenced every negative voice which raised doubts about her ability and existence. In finding her feet, Preeti established beyond doubt that determination can outrun every disability and hurdle.





- Q1** When and where was the first Wimbledon tournament held?  
 A. 1888, Church Road Site, Wimbledon  
 B. 1877, Worple Road Site, Wimbledon  
 C. 1887, Worple Road Site, Wimbledon  
 D. 1887, Church Road Site, Wimbledon
- Q2** In which year did India first participate in the Olympic games?  
 A. 1900  
 B. 1925  
 C. 1923  
 D. 1924
- Q3** Walker Cup is associated with which sport?  
 A. Cricket  
 B. Golf  
 C. Fencing  
 D. Football
- Q4** The terminology "Stopper" is associated with which of the following sports?  
 A. Hockey  
 B. Football  
 C. Rugby  
 D. Cricket
- Q5** Ashwini Ponnappa is associated with which game?  
 A. Chess  
 B. Football  
 C. Hockey  
 D. Badminton

(Answers will be provided in this section in the next issue. Mark your answers and score yourself)

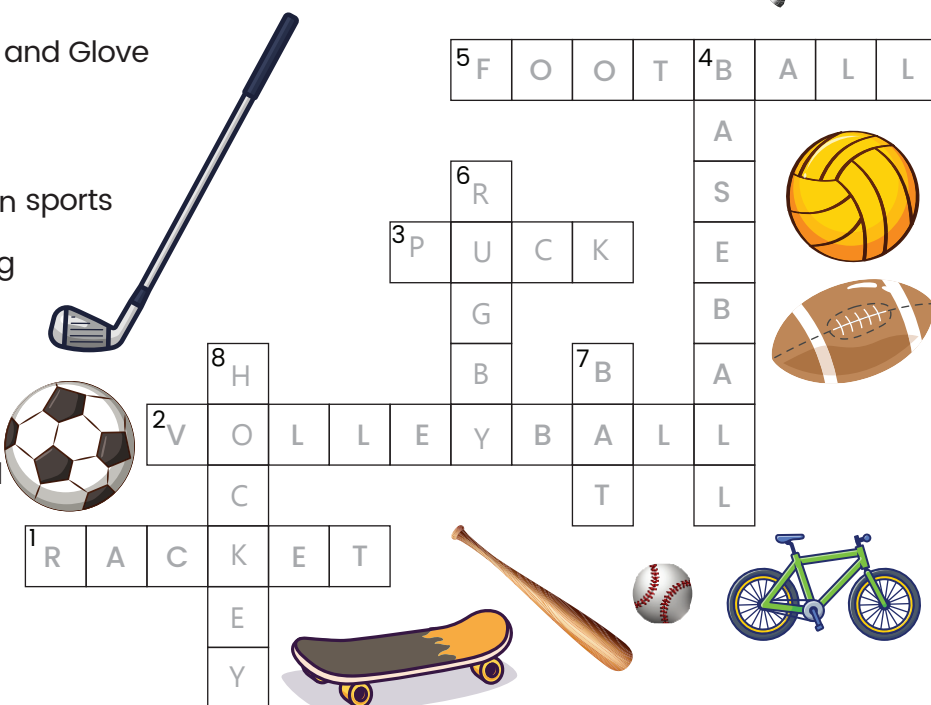
## Solution to Crossword Puzzle of our Jan Issue

### DOWN

4. A sport played with Bat, Ball and Glove
6. The ball can be passed backwards but not forwards
7. A wooden implement used in sports
8. A sport with two teams trying to score goals

### ACROSS

1. A device with a handle and strings used for hitting a ball
2. The ball must be hit with hands or arms
3. A small, hard ball used in hockey
5. A game played with an oval shaped ball



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