



VOL. 1, ISSUE 3 , MARCH 2025

# THE TOSS

— SPIN THE WHEEL —



## CHAMPIONS

TRIUMPH AFTER TWELVE

*Highlights*

CAMPUS FEED

SPORTS SCIENCE AND WELLNESS

MONTHLY MOTIVATION

FEATURE STORY- INDIA'S JOURNEY BACK TO CHAMPIONS GLORY

FUN ZONE



# Director's MESSAGE



Dear Readers,

I am delighted to welcome you to the March edition of our monthly newsletter, **The Toss**. March stands at a unique crossroads. While it marks the end of an academic or financial year, making way for results and reflection, it also ushers in hope and fresh beginnings in the form of a new season. This duality of March is reflected in sports and life, too.

In the world of sports, success is rarely a straight line. You will face seasons of trials and revel in seasons of triumphs. Your journey in sports will often be a winding path filled with tough matches, near misses, injuries, and unexpected losses. What separates true champions from the rest is not just talent or technique, but resilience.

Resilience isn't about 'never failing', it is the ability to rise after every failure. It is like a resounding voice within that keeps every player going – after a missed goal, a bad game, or a tough training day. Every great athlete has been through their share of defeats and low points in their career, but the determination to rise again shapes their success story.

At IIG Sports Academy, we sincerely believe that resilience is a skill that can be cultivated with awareness, courage, and consistency. Thus, we focus on training not just the body but the spirit of our athletes.

Whether you are preparing for a tournament, recovering from an injury, or trying to level up your game, always remember, your bounce-back ability will define your breakthrough moments. So, the next time you face a challenge, see it as a stepping stone – because your best is yet to come.

Warm Regards,

**Prasanta Kumar Puhan**  
Director, IIG Sports Academy

## Campus Feed



### U-14 Cricket Tournament: **Joy Cricket Academy, West Bengal vs KT Global School**



The KT Global School cricket ground witnessed a thrilling and fiercely competitive series of matches from March 12 to 18, 2025, as IIG Sports Academy hosted the U-14 Cricket Tournament

between Joy Cricket Academy, West Bengal, and KT Global School. Both teams brought their A-game to the field and bowled over the spectators with powerful strokes and cricketing skills.

### 2nd PM Mohanty **Rapid Chess Tournament**



IIG Sports Academy, in association with the All Odisha Chess Association, hosted the 2nd PM Mohanty Rapid Chess Tournament at KT Global School on 16th March 2025. Young chess prodigy Master Sattwik Swain

officially set the tournament in action by making the first ceremonial move on the chessboard. Many chess Grandmasters, International Masters, and chess enthusiasts actively participated in the event. The tournament, marked by intense mind battles, strategic brilliance, and remarkable sportsmanship, showcased Odisha's growing chess legacy.

### **BCCI Level Cricket Coaching Camp**



IIG Sports Academy conducted a BCCI Level Cricket Coaching Camp at the KT Global School campus from 17th– 24th March, 2025. Renowned cricket coaches, Mr. Shantanu Ghosh and Mr. Pravanjan Mullick, mentored

aspiring cricketers, focusing on skill development, tactical awareness, and physical conditioning. The camp provided a valuable platform for young players to refine their techniques and elevate their performance under expert guidance.

### 2nd KT Global School **Grandmaster Coaching Camp**



IIG Sports Academy, in collaboration with Jena Chess Academy, conducted the 2nd KT Global School Grandmaster Coaching Camp at the school campus from March 30 to April 6, 2025. Russian chess

grandmaster Boris Savchenko led the camp and guided the participants in improving their strategy, tactics, and endgame skills. Many other elite chess players and coaches also joined the camp, making it a huge success.

# Sports Science and Wellness



Fuel Up Your Athletic Performance with the **Right Nutrition**

**N**utrition is fundamental to our growth, development, and overall health, but it holds an even greater significance in sport. While multiple factors contribute to an athlete's performance in their chosen sport, food is a critical piece to the puzzle as it provides the energy needed to train, perform, and heal. The right nutrition is always important for athletes, but it becomes crucial when preparing for a competition. What you eat and drink before and during an event can help or harm your performance. Whether an endurance event or a high-energy match, eating the right foods at the right time is essential to unleash your full potential.

**Rayven Nairn, M.S., R.D., L.D.**, a dietitian with the Johns Hopkins University Student Health and Wellness Center, provides insight to make the right dietary choices leading up to a tournament, race, or other major sports event. (Indian substitutes of food items have been suggested here)

## Carbohydrates: Athlete's Best Friend

Carbohydrates are the macronutrients that provide athletes with the key source of energy. Before an event, opt for complex carbs like whole grains, fruits, and vegetables. Indian options include brown rice, chapati, poha, idlis, and whole-wheat upma. Avoid refined carbs like white bread or sweets close to competition time, as they can cause energy fluctuations. Balanced portions provide steady energy without feeling heavy.

Nairn recommends carb-loading before the competition day. Carb-loading involves eating high-carbohydrate meals 24 to 48 hours before endurance events like marathons or long-distance cycling. This helps build glycogen reserves, providing sustained energy and reducing the risk of muscle cramps during prolonged activities.

## PROTEIN



## Protein and Fats: Choose Wisely

Though protein and healthy fats are essential for muscle recovery, they aren't ideal just before competitions. Foods like parathas, fried snacks, and rich curries take longer to digest and may cause discomfort. Instead, save these for your post-event meal.

## The Right Timing

Timing matters. Have your last major meal three to four hours before your event to ensure proper digestion.

A balanced pre-event meal could be a bowl of daliya (broken wheat porridge) with nuts and a side of fruits, or plain idlis with coconut chutney and sambar. For early morning events, a banana with peanut butter or a simple smoothie is a light yet energizing option.

## Stay Hydrated

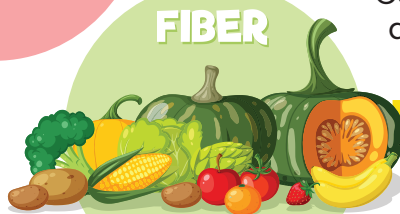
Hydration is crucial. Start drinking water well in advance of your activity. For most events under an hour, water is sufficient. However, for prolonged events in hot conditions, consider nimbu paani (lemon water with a pinch of salt and sugar) or coconut water to replenish electrolytes.

Avoid sugary sodas and caffeinated drinks close to the event, as they can lead to dehydration.

## CARBS



## FIBER



## Foods to avoid before a competition

- Foods high in fat, like nuts, fried foods, whole-milk dairy products, and red meats
- Foods high in lactose, like milk, yogurt, cheese,
- Foods high in fibre like beans, berries, broccoli
- Caffeine (unless you are a regular caffeine drinker, then take additional hydrating fluids).

## Post-Event Recovery

After the competition, replenish your energy with a carb-rich and protein-filled meal. Paneer sandwiches, sprout salads, or dal with rice make great recovery options. A fruit smoothie or curd bowl can also aid in muscle repair.

Smart food choices will not only fuel you for peak performance but also support long-term health and fitness. Eat wisely, stay hydrated, and give your best on the field!

Source Credit:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/nutrition-and-fitness/nutrition-for-athletes-what-to-eat-before-a-competition>



**T**he images that flash through my mind are those of me running...running... running... sprinting from one shady patch to another to escape the blistering heat of the sun on my journey to school, fleeing the massacre on that fearsome night when most of my family was slaughtered..."

Heart-wrenching as it sounds, these are the haunting memories of one of India's most celebrated athletes —Milkha Singh, as shared by him in his autobiography, 'The Race of My Life'. Born in 1932 in Gobindpura, Punjab (now in Pakistan), Milkha endured the traumatic loss of his family during India's partition, a tragedy that left him orphaned and displaced.

Despite these hardships at such an early age, Singh faced every challenge with a steely spirit. Taking refuge in relatives' homes, railway platforms, and eking out a living doing odd jobs, Singh eventually joined the Indian Army in 1952. His sprinting prowess was recognised here for the first time, and he began training under former runner and coach Havildar Gurdev Singh.

After many domestic participations, impressive performances, and national records, Singh was propelled onto the international stage. At the 1958 Commonwealth Games, he clinched gold in the 400-metre race, becoming the first Indian to win an individual athletics gold at the event. His success continued with multiple gold medals at the Asian Games in 1958 and 1962.

Singh's most memorable performance, however, came at the 1960 Rome Olympics, where he narrowly missed a podium finish in the 400 meters, placing fourth with a time of 45.73 seconds—a national record that stood for nearly 40 years. Singh's exceptional speed earned him the moniker 'The Flying Sikh' bestowed on him by Pakistan's President, Mohammad Ayub Khan, after defeating Pakistan's champion athlete Abdul Khaliq in 1960.

Singh was decorated with Padma Shri – one of India's highest civilian honours– in 1959 and served as the Director of Sports for the Punjab Government post-retirement. With 77 international race wins, Singh has left behind a legacy that inspires generations of athletes to overcome adversity and strive for excellence.

# THE FLYING SIKH



# MILKHA SINGH



# A tale of Grit, Hunger, and Determination

Yashasvi Jaiswal's rise as a young sensation in the world of cricket is nothing short of a cinematic story. Born in rural Uttar Pradesh in 2001, Yashasvi moved to Mumbai at just 12 years of age to chase his cricket dreams. With an unwavering determination and hunger to succeed, Yashasvi made Azad Maidan his new home, where he would practice cricket. Unable to find a decent shelter due to financial hardship, Yashasvi lived in tents at the Maidan itself and sold pani puris to survive.

His dream career took a turning point when coach Jwala Singh spotted his talent and offered him mentorship and a place to stay. Guided by Singh, Yashasvi's game flourished, and he soon made headlines with an entry into the Limca Book of Records after scoring an unbeaten 319 and registering bowling figures of 13/99 – a record for most runs and wickets in a school cricket match.

Soon after, Yashasvi was selected in the Mumbai U-16 squad before making it to the India U-19 team. In the 2020 ICC U-19 World Cup, Yashasvi became India's batting mainstay by scoring the highest runs in the tournament and was awarded Player of the Tournament.

Yashasvi continued his winning streak and made a sensational Test debut for India in 2023, scoring 171 runs. In 2024, he made history by smashing back-to-back double centuries in a Test series against England and became the 3rd youngest Indian batsman to score a double hundred in Test cricket. He also broke the records for most sixes in a series.

Yashasvi Jaiswal's journey is an inspiration for every young sportsperson who dares to dream and is determined to back it up with relentless hard work, patience, and unshakable belief.

TEST  
DEBUT

171



# Triumph after Twelve:

## India's Journey Back to *Champions Glory*

**T**welve years, memories of a heartbreaking defeat against the arch rival, disappointment of a discontinued tournament, a long, painful wait for an opportunity to redeem themselves...and then on March 9, 2025, the pain, patience, practice, and perseverance finally paid off as the Men in Blue rewrote the script with their victory in the ICC Champions Trophy 2025.

India's unbeaten performance throughout the tournament, culminating in a glorious victory in the finals, wasn't just about proudly lifting the silverware. It also set a new narrative that the Indian cricket team, with its blend of youthful energy and experience, no longer buckles under pressure but thrives in it.

CONGRATULATIONS

TEAM INDIA





## India's journey in the ICC Champions Trophy

Popular as the 'Mini World Cup', the ICC Champions Trophy is among the prestigious cricket tournaments. With every match a high-stakes encounter, the Champions Trophy keeps fans hooked with its thrilling moments and unexpected outcomes.

Twelve years had passed between India's last Champions Trophy victory in 2013 and the current historic win. Losing the finals to Pakistan in 2017 added to India's wounds. Moreover, the trophy's discontinuation since 2017 had kept Team India eagerly waiting for an opportunity to prove their mettle, which they successfully did under the seasoned leadership of captain Rohit Sharma.

## India's Unbeatable Run into the Finals 2025

Placed in Group A alongside Bangladesh, Pakistan, and New Zealand, the Indian team commenced their journey with a commanding victory against Bangladesh. The opening duo of Rohit Sharma and Shubman Gill, and the middle order led by Virat Kohli and KL Rahul anchored the team with their strong batting and impressive scores. Complementing them, the bowlers, spearheaded by Mohammed Shami and supported by spinners Kuldeep Yadav and Ravindra Jadeja, stifled the opponents' batting line-up.

The winning streak continued, and our spirited men in blue recorded consecutive wins against Pakistan and New Zealand. Thus, the Indian team rose to the top position in the group and solidified their entry into the semi-finals.

The semi-finals brought a tough challenge as India faced formidable opponents, Team Australia. However, with a gritty innings from Shreyas Iyer and a crucial role played by our bowlers like Arshdeep Singh, India continued their unbeatable run into the finals.

## A Final To Remember

The ICC Champions Trophy Final, where India battled against New Zealand to reclaim the winners' title, was filled with roller-coaster moments. Batting first, New Zealand set a target of 251 runs. India's chase began steadily, but a spectacular catch by Glenn Phillips changed the momentum of the game, mounting pressure on India's batting side. India lost a few key wickets until our middle order, including Shreyas Iyer, Akshar Patel, and KL Rahul, saved the show. With an over and four wickets to spare, India sealed a memorable victory, sparking celebrations across the nation.

## A Lesson in Leadership and Strategy

India's journey in the ICC Champions Trophy 2025 was a brilliant showcase of the team's unity, strategic acumen, and collective brilliance. Rohit Sharma's captaincy was instrumental throughout the tournament. His strategic field placements, timely bowling changes, and calm demeanor under pressure provided the team with direction and confidence. The decision to rely heavily on spinners in the final proved to be a masterstroke. This victory marked India's third ICC Champions Trophy title, following their triumphs in 2002 (shared) and 2013. As Team India lifted the trophy in Dubai and the Indian tricolour waved proudly in the foreign skies, an entire nation celebrated with jubilation and a reassurance that 'we are back.'

2013

2017

Lost against Pakistan in the Final

2025

WE ARE  
BACK



## SPORTS TRIVIA CHALLENGE

- Q1** Who captained India to its first-ever Cricket World Cup victory in 1983?  
A. Kapil Dev  
B. Sunil Gavaskar  
C. Sachin Tendulkar  
D. Sourav Ganguly
- Q2** Which Indian badminton player became the first Indian to win an Olympic medal in the sport?  
A. Kidambi Srikanth  
B. PV Sindhu  
C. Saina Nehwal  
D. Prakash Padukone
- Q3** Which city hosted the iconic 2011 Cricket World Cup final between India and Sri Lanka?  
A. Mumbai  
B. Kolkata  
C. Chennai  
D. Delhi
- Q4** Who was the first Indian cricketer to score a double century in an ODI?  
A. Sunil Gavaskar  
B. Sachin Tendulkar  
C. Virinder Sehwag  
D. Kapil Dev
- Q5** Who is the youngest Indian woman to climb Mount Everest?  
A. Arunima Sinha  
B. Malavath Purna  
C. Santosh Yadav  
D. Bachendri Pal

## Solution to the Sports Quiz of our February issue

- Q1** When and where was the first Wimbledon tournament held?  
✓ 1877, Worple Road Site Wimbledon
- Q2** In which year did India first participate in the Olympic Games?  
✓ 1900
- Q3** The Walker Cup is associated with which sport?  
✓ Golf
- Q4** The terminology "Stopper" is associated with which of the following sports?  
✓ Football
- Q5** Ashwini Ponnappa is associated with which game?  
✓ Badminton

### CONTACT US

**Address :** IIG Sports Academy, F/12, IID Centre, Barunei Temple Road, Bhubaneswar, Odisha - 752057  
Phone: +91 890-888-0555, Email: [info@iigsports.in](mailto:info@iigsports.in), [admission@iigsports.in](mailto:admission@iigsports.in)