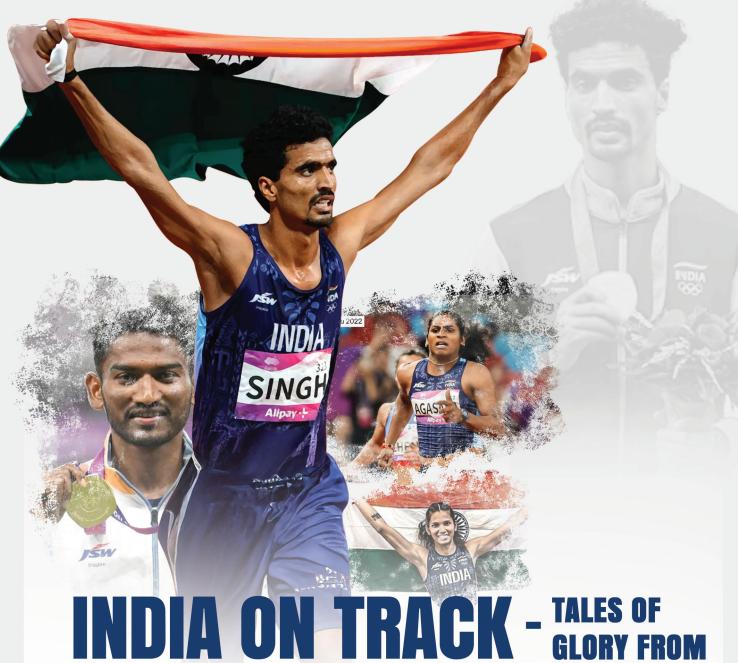




WHEEL



ASIAN ATHLETICS CHAMPIONSHIPS 2025

CAMPUS FEED

SPORTS SCIENCE AND WELLNESS

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COVER STORY - ASIAN ATHLETICS CHAMPIONSHIPS 2025

FUN ZONE

Director's MESSAGE



Dear Readers,

As I welcome you to yet another issue of our monthly newsletter, *The Toss*, I am thrilled to share the highlights from an eventful month that has just concluded. Looking back at the recent activities at IIG Sports Academy, my heart swells with pride at the grand events we organized and the opportunities they offered to budding sports talents across the country.

Be it the 3rd KT Global School Tennis
Tournament or the 38th National U-7 Open and
Girls Chess Championships 2025, it has been
incredibly heartening to witness the enthusiastic
participation and impressive turnout. We are
grateful to have hosted participants from
various parts of the country for our events.
Positive feedback from young participants and
encouraging remarks from their parents about
our sports academy reinforce our commitment
to redefining sports education in India and
providing aspiring athletes with a platform to
showcase their talent.

I would also like to congratulate our students who have displayed outstanding performances and earned well-deserved success in various competitions and selections. I want to emphasize again that at IIG Sports Academy, we don't just train for the game; we train for life. With a clear intent, sincerity, and discipline, we focus not just on enhancing skills but on building character.

As we move ahead, I encourage every student-athlete to stay focused, stay grounded, and always give their best. To all supportive parents – thank you for placing your trust in us. Your encouragement fuels our spirit. Come, join us and help nurture your child's athletic journey.

Let's continue to strive and succeed together.

Warm Regards,

Prasanta Kumar Puhan

Director, IIG Sports Academy

Campus Feed



Chess Tournament at Keonjhar



IIG Sports Academy, in collaboration with the Keon-jhar Chess Association, organised the KT Global School Keonjhar District Chess Tournament on June 15, 2025, at Keonjhar Law College. The event drew

College. The event drew enthusiastic participation from budding chess talents of the region, each displaying their skills and strategy on the chequered battlefield. Arin Anwesh Swain, Rudranarayan Jena, and Preetiraj Mohanty bagged the 1st, 2nd, and 3rd positions, respectively. The event was highly appreciated and also made headlines in the local newspapers.

A Grand Slam of Young Talent



40 young players from across Odisha battled it out with passion and precision at the tennis courts of KT Global School, in the 3rd KT Global School Tennis Tournament held on 31st May and 1st June

2025. This event, organised by IIG Sports Academy, was conducted in red, green dot, and orange ball categories for age groups U-10, U-12, and U-14. Adhrit Patnaik emerged as the unbeatable champion by clinching victory in all three categories.

Proud Moment for **IIG Sports Academy**



IIG Sports Academy is immensely proud and delighted at the achievement of its trainee, Sibun Nanda, a specially abled cricketer from Brahmapur, with hearing and speech impairments. Sibun

was selected for the Indian Deaf Cricket Team to play against the West Indies in the T-20 Tri-Series and ODI Series held in Trinidad from May 23, 2025. Sibun also had the honour of meeting legendary cricketer Brian Lara during his international sojourn.

Our Rising Cricket Stars



Swarnav Das and Mrutyunjay Mohapatro, players of IIG Sports Academy, continue to impress with their cricketing talent. They proved their mettle yet again in the State U-19 District Cricket Tournament with their knock-out performances. We,

at IIG Sports Academy, are proud to celebrate their growth on and off the cricket field.



38th National Chess Championships at KT Global School



IIG Sports Academy proudly hosted the 38th National Under-7 Open & Girls Chess Championships at KT Global School from June 1 to 5, 2025. The five-day event was organised by the All Odisha Chess Association (AOCA) under the auspices of the All India Chess Federation. The event brought together over 345 participants from across the country in a thrilling display of strategy, focus, and sportsmanship.

Shreyanshi Jain of Jaipur, Rajasthan, clinched the champion's trophy in the girls category with an outstanding 9 points by registering a victory in all 9 rounds. Evan Antonio Telles from Goa emerged champion in the Open category by scoring 8.5 points. The event concluded with a celebratory ceremony graced by Ms.Sagarika Nath, IPS, S.P. Khordha as the Chief Guest.





Proud Moment for India

ust days after his 19th birthday, Indian chess prodigy and the youngest undisputed World Chess Champion, D. Gukesh, etched his name in history by defeating World No. 1 Magnus Carlsen in classical chess at the Norway Chess Tournament 2025.

This was **Gukesh's** first classical win in a high-stakes tournament. The match initially favoured Magnus—who has dominated the chess world for nearly 15 years— but a crucial error allowed Gukesh to launch a brilliant counterattack. With remarkable composure and precision, he turned the tide and sealed a memorable victory.

IIG Sports Academy congratulates Gukesh Dommaraju on this historic achievement. His triumph is not just a personal milestone but a proud moment for Indian sports and a powerful motivation for all our aspiring athletes.

Sports Science and Wellness



How Technology is Transforming Athletic Training.



A quick look at the integration of tech innovation into sports training and athlete experience



Wearable Performance Sensors:

GPS trackers, heart-rate monitors, and accelerometers provide real-time data on speed, load, and fatigue — helping coaches monitor athletes and optimize training.



Big Data & Analytics Dashboards:

Smart platforms turn raw performance data into actionable insights—enabling personalized plans and injury risk detection.



3D & AR/VR Training Simulations:

Immersive tech recreates real-game scenarios, refining skills and decision-making without physical strain.



3D Body Scanning & Biomechanics:

Full-body scans and motion analysis help fine-tune techniques, correct imbalances, and prevent injuries.



Recovery Tools & Smart Therapy:

Advanced tools like cryotherapy and compression gear accelerate recovery and support long-term performance.

MONTHLY Motivation



SPEARHEADING THROUGH CHALLENGES he most interesting thing about

he most interesting thing about success is that it almost always has a backstory. For Kishore Kumar Jenathe javelin star from Odisha who grabbed headlines with his 87.54m throw, the second-best by an Indian after Olympic champion Neeraj Chopra- the backstory is quite an unusual one. It is a story born in silence, tested through trials, shaped by setbacks, yet kindled with resilience and grounded in humility.

Kishore was born on September 6, 1995, in a village named Kothasahi near Puri in Odisha, as the seventh child of Keshab Jena, a paddy farmer, and his wife Harapriya. Growing up in an agricultural household with limited resources and nine members to feed, Kishore experienced a very humble upbringing. Being the only son, early responsibilities and physical toil laid the foundation for his athletic grit. Sports were not a structured part of his childhood, but the raw strength, stamina, and perseverance he developed laid the path for his remarkable sporting journey.

Kishore's journey to becoming a top javelin thrower has many unexpected turns and twists. It began with his dream of securing a job with the Indian Army through sports quota to support his family. Initially drawn to volleyball, he switched to javelin after coaches noticed his natural arm strength at the Sports Hostel in Bhubaneswar and advised him so. With a handmade bamboo javelin gifted by former state champion Laxman Baral, Kishore began training seriously under coach Nilamadhav Deo and also rewrote the state record with a 72.77m throw in 2017.

Despite early challenges—including personal setbacks and a plateau in performance—he persevered. Support from CISF coach Jagbir Singh and later, structured training under Samarjeet Singh Malhi at the National Camp in Patiala, helped him break through and rise as one of India's promising javelin athletes.

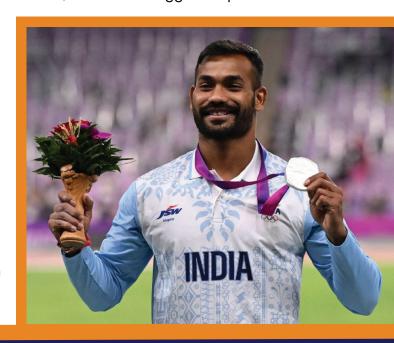
From 2022 to 2024, Kishore steadily climbed up his career graph, delivering a streak of impressive performances. He won a gold medal at the Indian Open Throws Competition in Bellary, followed by another gold medal at the Indian Grand Prix in Thiruvananthapuram, where he breached the 80m mark for the first time. There was no stopping after that. Kishore registered an 82.87m throw at the Inter-State Athletic Championship in Bhubaneswar and 84.38m at the 101st Sri Lankan Championships, Diyagama.

The series of impressive performances allowed Kishore to compete at the World Athletics Championships 2023 in Budapest, Hungary. Though Kishore finished fifth in this competition, his dream of playing alongside his idol Neeraj Chopra came true, and he also logged his personal best

of 84.77m. With this, Kishore gained his entry to the Asian Games at Hangzhou in 2022 and proved his mettle by winning a silver medal. He also broke his own personal best twice in the same competition with throws of 86.77m and 87.54m. The 87.54m attempt was also the second-best mark logged by any Indian javelin thrower. Kishore's meteoric rise secured his place in the Paris Olympics 2024.

For someone who once picked sports only as a means to secure a livelihood, Kishore Jena's journey stands as a testament to how far belief, discipline, and mentorship can take a determined person. His willingness to listen, to adapt, and to place his trust in the hands of mentors transformed his path.

Kishore's story is a reminder of how greatness often begins with the smallest spark and grows through the hands that help shape it.



26th ASIAN ATHLETICS CHAMPIONSHIPS - GUMI 2025

India on Frack

Tales of Glory from **Asian Athletics Championships 2025**

s Indian athlete Gulveer Singh surged past the finish line at Gumi Civic Stadium— arms lifted, heart thundering— an entire nation let out a long-held sigh of pride. In that golden moment, he wasn't just winning a race; he was rewriting India's history of sporting excellence in Asian athletics. And he wasn't alone. From surprise teenage champions to new national records and a flurry of personal bests - this was India's track and field story from the 26th Asian Athletics Championships, held in Gumi, Republic of South Korea from May 27 to 31, 2025.

This edition of the Championship featured over 2000 athletes from 43 countries. The Indian squad, including several Olympians, Asian Games medallists, and national record holders, participated in a total of 30 medal events, delivering spectacular performances and finishing second after the People's Republic of China, with a total medal tally of 24 – 8 gold, 10 silver, and 6 bronze medals.

While the overall count fell short of the 27 medals won in the last edition held in Bangkok, Thailand, in 2023, the performance of the Indian squad in this edition reflected resurgence, talent, grit, and ambition in many ways. The contingent also improved on the gold tally, increasing it from 6 to 8.

Performances that rewrote history

The Asian Athletics Championships in Gumi had many memorable moments that have etched themselves in Indian sporting history. 26-year-old long-distance runner **Gulveer**Singh from Uttar Pradesh, India, clinched a double gold win in both the 10,000m and 5,000m races. A Naib Subedar in the Indian Army, Singh also rewrote history by smashing a decade-old meet record, by clocking 13:24.77 to set a new Championship Record in the 5k distance race.





Avinash Sable broke a 36-year drought in the 3000m steeplechase, clocking 8:20.92s. With this feat, Sable became the first Indian man since Dina Ram in 1989 to win the continental gold in this event. Jyothi Yarraji also clinched the gold in the 100m hurdles, retaining her crown. She crossed the finish line, creating a new continental record of 12.96s, becoming the first Indian to win back-to-back gold in the women's 100m hurdles at the Asian meet.

In the women's high jump, 17-year-old **Pooja Singh** soared to gold with a personal best of 1.89m. Another spectacular performance came in the women's 4×400m relay, where the Indian quartet of **Jisna Mathew, Rupal Chaudhary, Kunja Ranjitha, and Subha Venkatesan** executed seamless baton exchanges, making a top podium finish and claiming the gold.

Odisha sprinter **Srabani Nanda**, having made a comeback to the national team after almost 3 years, teamed up with **Sneha SS.**, **Abhinaya Rajarajan**, and **Nithya Gandhe** to compete in the 4x100m relay race and clinched a silver, clocking a time of 43.86 sec. **Parul Chaudhary** added two more silvers to the medal tally by finishing second in the women's 5000m and 3000m steeplechase.

While **Servin Sebastian** opened India's medal account with a bronze in the men's 20km race walk on the inaugural day of the Asian meet in Gumi, the Indian squad continued to build momentum, steadily boosting the medal tally, elevating India's position in the championship, and enhancing national pride.











Reflections from Gumi

Beyond the medals and records, what truly stood out at Gumi was the spirit of Indian athletics—youthful, fearless, and fiercely committed. These performances reflect India's robust pool of talent, strengthened by better infrastructure, coaching, and international exposure. As India eyes the future global sports meets, the Gumi success serves as both an inspiration and a challenge—to aim higher, train harder, and dream bolder.





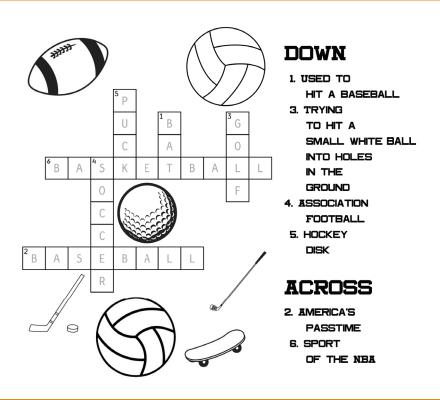
Sports Word Search

Solve the following puzzle by finding all the hidden words.

ARCHERY	ATHLETICS	BADMINTON
BASKETBALL	BOXING	CANOEING
CYCLING	FOOTBALL	GOLF
HOCKEY	MARTIAL ARTS	ROWING
SAILING	SKIING	SOCCER
SWIMMING	TABLE TENNIS	VOLLEYBALL
BASEBALL	GYMNASTICS	SURFING
CRICKET	RUGBY	WRESTLING

Ν	L	N	L	Ι	Υ	Т	G	0	В	L	Н	٧	Α	R	0	W	Ι	Ν	G
С	Υ	С	L	Ι	N	G	Α	L	Е	R	S	Т	0	R	С	F	F	S	I
S	Ε	C	Τ	М	G	G	Ι	C	Т	Ι	Н	Κ	L	L	C	Υ	S	Ι	Т
G	R	C	В	Α	0	Α	1	Т	Е	L	G	0	1	L	F	Α	١	Ν	T
Ν	K	Α	L	L	S	1	В	1	Ε	В	Α	D	М	١	Ν	Т	0	Ν	R
Τ	1	Ε	F	L	R	L	Ν	Т	0	Т	0	Α	0	Υ	Ν	0	D	Ε	G
L	1	0	0	Α	C	C	1	Χ	W	R	Е	C	R	R	Ν	G	S	Т	Υ
1	G	S	Ν	В	Ε	C	ı	Н	U	М	М	Ε	1	В	Τ	Α	Т	Ε	В
Α	G	C	Α	Т	S	Ν	S	G	0	1	Н	Т	K	R	В	Ν	R	L	S
S	Ν	١	S	0	G	L	В	Υ	L	C	C	S	1	C	М	C	Α	В	Α
U	1	Т	Ν	0	0	Υ	Α	Α	R	Ν	K	Ν	О	В	Α	1	L	Α	C
R	L	S	G	F	S	L	S	Α	0	C	Т	Е	Ε	C	В	Ν	Α	Т	Α
F	Т	Α	В	Α	S	K	Е	Т	В	Α	L	L	Υ	Т	C	R	١	R	Ν
1	S	Ν	U	Ε	Α	Τ	В	1	М	М	C	R	ı	C	K	Е	Т	Ν	0
Ν	Ε	М	Ν	1	S	Ε	Α	Ν	S	W	1	М	М	1	Ν	G	R	Α	Ε
G	R	Υ	Υ	L	R	L	L	Α	Χ	G	G	0	Ν	R	Ε	Α	Α	Ν	1
L	W	G	Χ	L	F	F	L	C	1	М	0	R	L	G	Ν	N	М	W	Ν
Ν	R	1	Υ	C	٧	0	L	L	Ε	Υ	В	Α	L	L	Α	Т	1	1	G

Solution to the Sports Crossword Puzzle of our May Issue



CONTACT US

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