

VOL. 1, ISSUE 7, JULY 2025



THE TOSS

— SPIN THE WHEEL —

SATCHI SAGA

THE POWER PAIR OF INDIAN BADMINTON



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Director's MESSAGE



Dear Readers,

Welcome to the July edition of our newsletter, 'The Toss'. As I reflect on our journey, I feel thrilled about the way our mission to shape tomorrow's champions is gaining momentum. With each passing month, we zealously engage ourselves in not just conducting training sessions and workshops but simultaneously laying the foundation of a more robust sporting ecosystem. We begin this month, too, with a renewed commitment to our vision of empowering young athletes and shaping India's sporting future.

At IIG Sports Academy, our objective is to redefine sports education in India and build a thriving sports culture where every student has the opportunity to explore their sporting potential and develop life skills such as discipline, confidence, and team spirit that sports instill. However, we strongly believe that real transformation in sports begins at the grassroots level, and that is where we need to bring the change.

To bring our vision close to reality, we have decided to undertake an ambitious initiative of conducting at least 10 events spanning diverse sports across multiple districts of Odisha every month. This will be implemented effectively through strategic collaboration with various schools, local sports clubs, and academies across the state. Through this initiative, we aim to reach out to aspiring athletes in the farthest corners of Odisha, offering them a platform to realise their dreams and hone their talent.

As always, we seek your support in making this initiative a success and beneficial for all deserving students who have the potential to grow into future sports stars of the nation.

Warm regards,
Prasanta Kumar Puan
Director, IIG Sports Academy.

Campus Feed

International Yoga Day



The International Yoga Day was observed at the IIG Sports Academy with active participation from students and faculty members. Led by our yoga expert, Mr. Swapneswar, over 400 participants engaged in meditation, various yoga asanas, and breathing techniques following the CBSE-recommended protocol. The event served as a powerful reminder of the importance of mindfulness, balance, and holistic well-being in our daily lives.

Gliding with Grace



IIG Sports Academy had the privilege of hosting Mr. Nimish Sharma, a pioneer in Odisha's roller sports scene, for a special skating demonstration. Mr. Sharma has been a dedicated skating coach for the last 14 years, with many of his students winning accolades at the national and international levels. The demo session featured impressive performances by his top students, showcasing speed, control, and passion on wheels. The event energized and motivated our young athletes at the academy.

AITA OTA Men's 1 Lakh Tennis Tournament



The nation's rising tennis stars battled it out with passion and precision at the tennis courts of KT Global School in the AITA OTA Men's 1 Lakh Tennis Tournament organised by IIG Sports Academy in association with Odisha Tennis Association from 28th June to 4th July 2025. Over 63 top contenders from across India participated in this tournament, serving some nail-biting performances. While Debasis Sahoo from Odisha won the singles title, the duo of Abhinansu Borthakur (Assam) & Pratyush Mohanty (Odisha) claimed the doubles title in this high-stakes tournament.

Interschool Swimming Tournament 2025



IIG Sports Academy organised the KT Global Interschool Swimming Tournament 2025 in the KT Global School Campus pool for age groups of U-8, U-11, U-14, and U-17. Around 10 schools from across Khordha district participated in this tournament. A total of 9 competitive events, including freestyle, breaststroke, butterfly stroke, backstroke, and relay, were conducted with overall participation of 35 swimmers.

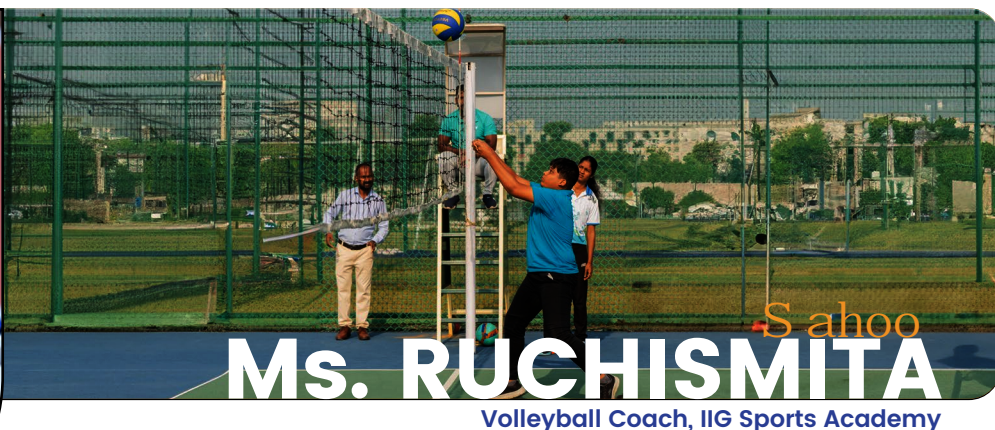
50-Balls Cricket National Championship 2025:



The Fifty Balls Cricket Association of Odisha, under the Amateur 50-Balls Cricket Federation banner, collaborated with IIG Sports

Academy to organize the 3rd Youth 50-Balls Cricket National Championship 2025 at the KT Global campus. 225 young talents from 17 states exhibited their cricketing prowess in this U-19 Sub Junior 50-Balls Cricket Tournament. While the Bihar team lifted the Champions Trophy, the Odisha team emerged as the runners-up. Swarnav Das and Ivan Kalapahad of IIG Sports Academy were adjudged as the Man of the Match and Man of the Series, respectively.

Pro Tips Volleyball



Ms. RUCHISMITA

Volleyball Coach, IIG Sports Academy

PASSING (Forearm Pass or Bump)



Purpose:

To receive the serve or a hard-driven ball and direct it to the setter.

Technique:

- Join hands together, arms straight.
- Use the forearms to contact the ball.
- Bend knees, stay low, and move feet quickly.

SETTING



Purpose:

To accurately deliver the ball to a hitter.

Technique:

- Form a triangle window with your thumbs and index fingers.
- Contact the ball with fingertips, just above the forehead.
- Use your legs and arms to push the ball up.

SPIKING (Attacking)



Purpose:

To score points by hitting the ball forcefully into the opponent's court.

Technique:

- Approach with a 3 or 4-step run.
- Jump high and swing your arm back.
- Contact the ball at the peak with a strong wrist snap.


5 Mobility Exercises to Prevent Running Injuries

Running might be considered one of the most accessible and effective exercises to stay fit by many. Why not? It does not require elaborate equipment or a high-tech gym facility. It is also convenient to fit into your busy schedule. However, did you know that this simple form of exercise also has its downsides? According to a paper published in the Journal of Sport and Health Science, runners have a high risk of injury, with incidence rates ranging from 7.7 to 17.8 per 1,000 hours of running. However, experts suggest an effective solution both for recovery and prevention of injuries from running – Mobility Exercises.



Dr. Samantha Smith, primary care sports medicine specialist at Yale Medicine, explains that mobility exercises are a form of movement designed to increase the range of motion of a joint. They can include both static and dynamic activities like yoga and stretching. These exercises can be done before or after a run, or on a rest day, and can be considered a form of recovery.


Dr. Smith recommends the following 5 mobility exercises for runners:




01 Cat-Cow
What For: Helpful for the spine
How to do it: Kneel in a tabletop position with knees hip-width apart and hands shoulder-width apart. Breathe in deeply, arching your back (cow pose) and dropping your belly to the floor. Breathe out, pulling your belly in and rounding your back (cat pose). Hold each pose for a breath or two and repeat 5-10 times.



02 Hip-Circles
What For: Helps stabilise muscles around the hip joint
How to do it: Lie on your back with your left leg on the ground, in front of you. Bend your right leg and hold it with your right hand as you move the leg in a clockwise direction. Do this 5 times and then switch to anticlockwise motion for 5 more circles. Repeat the same exercise with the left leg. You can start with small circles, gradually making them bigger.



03 Downward Facing Dog
What For: Ankle mobility exercise, also great for calf mobility, as well as stretching the hamstrings
How to do it: Get on your hands and knees on the floor. Keep your hands shoulder-width apart and a few inches forward. Knees should be hip-width apart. Spread your fingers wide and press your palms into the floor. Straighten your arms. Draw your belly into your spine and lift your hips up and back as you move your chest toward your thighs.



04 Hip-flexor Lunge
What For: Loosens the hip flexors – a group of muscles that flex the hip and bring the leg upward toward the body.
How to do it: Kneel on your right knee with your right leg stretched behind you. Bend your left leg and place your left foot flat on the floor a few feet in front of your right knee. Keep the trunk of your body tall and straight. Squeeze your right buttock and rotate your pelvis backward. Hold the stretch for 10 seconds and repeat on the other side. (You can raise your arms straight up, too, if you prefer.) You can add to the stretch by twisting the body to the same side as the knee that is off the ground and holding for 10 seconds. Repeat on the other side.



05 Torso Twists
What For: Simultaneously works on hip, toe, ankle, and trunk mobility
How to do it: Stand with your legs shoulder-width apart, with your toes pointing forward and your hands at your hips. Keep your right leg still as you twist your torso to face the right side of the room. As you twist, let your left leg pivot to the right with your torso. Alternate sides, aiming for 10 reps on each side.

Keep your spine straight and straighten your legs (or keep a small bend in the knees) with your heels on the floor.

Your body should be in an upside-down “V” position. Relax your head, neck, and shoulders, and look at your belly button. Gently shift your weight from the heel of one foot to the ball of the foot. Press the heel back into the floor and lift the heel of the other foot, moving your feet in a pedal-like motion.

Hold the pose for 5 to 10 seconds (either staying still or pedaling the feet).

A

6ft tall, 25-year-old Telugu boy from Amalapuram, Andhra Pradesh, son of a state-level badminton player, a doubles-specialist from the famed 'Gopichand Badminton Academy' and Guinness World Record holder for the fastest smash by a male badminton player – that's Satwiksairaj Rankireddy for you.

Now meet the 28-year-old, 6ft 2in tall Mumbai boy, who showed his love for badminton from the age of seven and soon joined the Uday Pawar Badminton Academy at the Goregaon Sports Club, but later shifted to the Gopichand Badminton Academy for training. Defined by speed, power, and craft, that's Chirag Shetty.

In 2016, Malaysian coach Tan Kim Her, the then doubles coach of Indian badminton, paired up Satwik and Chirag, to everybody's surprise.



SATWIK CHIRAG SAGA

The Power Pair of
INDIAN BADMINTON



People thought it was a strange pairing, both tall and powerful, aggressive-minded players with similar playing styles, more adept at the back-court, and both reveling in the role of a finisher.

The doubts were not baseless. Even the players were not convinced about this decision. Satwik and Chirag were similar in their playing styles to play as a pair, but strikingly contrasted in personalities to bond. One a rooted Andhraite and the other an outgoing Mumbaikar. They didn't even understand each other's language.

Satwik was the son of a badminton umpire from a small town who hated leaving his comfort zone, while Chirag, the son of a Mumbai hotelier, loved to explore. While Satwik would go hunting for Indian food during tournaments abroad, Chirag loved to indulge in Chinese and Japanese dishes. With such differences, one wondered how they would make a team! But little did anyone guess that this pair would work together to become India's most formidable badminton duo.

SatChi - as this duo is being adorably called, not only put all anticipations to rest but also complemented each other to rise as a power pair to reckon with in Indian badminton. Many failed to see what Tan noticed in them, that both had the skills to make an invincible pair. The trick, however, lay in changing the role of one of them from finisher to playmaker. That onus fell on Chirag as Satwik was the hard hitter with a brute force more suited for smashing.

SatChi started their doubles' career together in 2018 after being paired as a doubles duo at the Gopichand Badminton Academy. They clinched a silver medal in the men's doubles category at the 2018 Commonwealth Games. Moreover, they were also part of India's mixed team that won a historic gold medal in the same competition. SatChi went ahead to win their first Badminton World Federation (BWF) World Title at the Hyderabad Open in the same year.

In 2019, SatChi won the Thailand Open to become the first Indian doubles pair to win a BWF Superseries. The period that followed brought many career setbacks and failures as they lost some major tournaments and were also eliminated in the group stages of their first Olympic experience at the 2020 Tokyo Olympics.

However, soon the scenario changed with some historic victories that SatChi registered in their name. In 2022, they were instrumental in bringing home India's first-ever Thomas Cup by winning against Indonesia in the finals. This was followed by

a gold win at the Commonwealth Games, Birmingham and a bronze medal at the BWF World Championships, which also was India's first medal in that competition's history. However, Tan, who formed this pair, had exited the Indian coaching set-up in 2019 and wasn't around to witness SatChi's greatest victories.

The duo continued their victory run with their first-ever BWF World Super-750 title in the French Open. In 2023, they went on to win the Swiss Open, World Super 1000 title, the Korean Open, and also clinched a gold medal at the Asian Badminton Championships, earning the crown of Asian Champions.

Though SatChi were in great form ahead of the Paris Olympics 2024, being the runners-up in the Malaysia Open and the India Open, and Champions in the French Open, their Olympic performance unfortunately fizzled out with a quarterfinal elimination at the 2024 Paris Olympics.

Following the underwhelming Olympic performance and a noticeable dip in their world rankings, Satwik and Chirag have taken a step back to reassess and realign their preparation and strategy. Their training has undergone a series of changes including parting ways with their long-time coach Mathias Boe.

SatChi- the former World No. 1 pair in men's doubles badminton have now reunited with Tan Kim Her, the coach credited with giving birth to the pair SatChi, whom both shuttlers fondly call 'daddy'. Tan has drawn a clear roadmap for the pair's future and has his target set on the 2028 Olympics.

With a dedicated and strategic mentor like Tan and two dynamic players like Satwik and Chirag, Indian badminton can hope for a powerful comeback - one that inspires and dominates the global stage once again.



Guess the Legend!

Based on the famous quotes given below, guess the sports personality who said this!

1. "When people throw stones at you, you turn them into milestones."
2. "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"
3. "Hard work, willpower, and dedication. For a man with these qualities, sky is the limit."
4. "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
5. "If you want to be the best, you have to do the things that other people aren't willing to do."

Solution to the puzzle of our June issue



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