



IGNITE



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Vol. 1, Issue 1, January 2025



Dear Readers

It is my immense pleasure and privilege to welcome you all to the inaugural edition of our monthly newsletter Game On! At IIG Sports Academy we are dedicated to building a community who see and appreciate sports for the significant value it provides. Sports can be a transformative tool in shaping a child's character and building a well-rounded personality. It teaches invaluable lessons of teamwork, discipline, and resilience, besides helping to keep us fit and active. Yet, its potential has remained gravely underutilized in the Indian education system, often taking a backseat to academics.

IIG Sports Academy is determined to bridge this gap and empower students to pursue their passion for sports without having to compromise their academic journey. Our flexible and integrated curriculum ensures

Director's Message

that young aspiring athletes do not have to make a hard choice between their love for sports and academic ambitions. Our mission is to create an environment which encourages students to dream beyond any limits and unleash their potential. Our comprehensive sports complex equipped with state-of-the-art infrastructure and best-in-class facilities provide the ideal environment for a sports aspirant. We have highly qualified professional coaches who guide students through their learning journey and help them reach for the stars.

IIG Sports Academy is not just about world-class sports and academics but also peer connections, life lessons and camaraderie. We value each member of our community and strongly believe that with a culture of excellence, integrity, and perseverance we will scale new heights. Together let us set new benchmarks in the world of sports and give the nation its future sports stars.

Best Regards

Prasanta Kumar Puhan

Director, IIG Sports Academy.

From Our Victory Vault:



Our talented and hard-working, cricket training students Roshan Choudhury and Swarnav Das have been selected in the U-16 State Cricket Team. IIG Sports Academy congratulates both of them. You have made us proud.

Our Cricket Team qualified as a Semi-Finalist at the Inter-school Cricket Tournament organized by the Veteran Cricket Association, Bhubaneswar in January 2025.



Our academic partner KT Global School was honoured as the "Best School Promoting Sports" by the Veteran Cricket Association, Bhubaneswar at the valedictory function of the U-16 inter-school cricket tournament held in Jan 2025.

Our young and dynamic cricket team stood as the semi-finalist of this tournament held at High tech Cricket Ground, Bhubaneswar

Campus Feed



OUP Corporate Cricket 2025

IIG Sports Academy hosted the OUP Corporate Cricket 2025 - an inter-team sports event of Odisha Udyogi Parivar (OUP) at the KTGS Cricket Ground. The ground was

lit up with energy, enthusiasm, and passion with various teams participating in different games with excitement and team spirit. From intense cricket matches to moments of camaraderie, the day marked a memorable celebration of the spirit of sportsmanship.

OSAFII Premier League

OSAFII Premier League - the Annual Sports Meet of Odisha State Association of Financial Inclusion Institutions was proudly hosted by IIG Sports Academy in the KT global School campus. The 2 day

action-packed event included a number of games like cricket, badminton, musical chair and rope-skipping. 12 fiercely competitive teams participated with high energy and a lot of enthusiasm. The team 'Anandita Royals' emerged victorious and clinched the cricket championship title.



Proud Moment for IIG Sports Academy

We are thrilled to share that our U-12 cricket team emerged as Runners-Up in the prestigious tournament held by Puri Cricket Association, Odisha at Jagannath Stadium, Puri.

Monthly Motivation

**Pele:
A Story
from Streets
to Stardom**



As a Brazilian father-son duo listened to a radio broadcast of Uruguay's 2-1 victory over Brazil in the decisive match of the 1950 FIFA World Cup at Rio de Janeiro's Maracana stadium, the father cried. His 9-year-old son watched him and said "Don't cry, dad. I'm going to win the World Cup for you." Eight years later, this boy kept his word as he led Brazil to their first FIFA World Cup victory, becoming the youngest ever world-cup champion.

This is the story of Pele, born on 23rd Oct 1940 as Edson Arantes do Nascimento to a footballer father Dondinho and mother, Celeste Arantes in Minas Gerais, Brazil. Pele rose from humble beginnings to the status of a global football icon with sheer determination and perseverance.

Too poor to afford real football, Pele practiced with a ball made from sock stuffed with newspaper and tied with a string on the streets of Bauru, São Paulo. He earned his first contract with Brazilian giants Santos at age 15. As a 17-year-old Pele stunned the world with his spectacular game, winning the World Cup trophy for Brazil and continued to shine, securing two more World Cup titles in 1962 and 1970—a record that remains unmatched.

Sometimes called as 'Perola Negra' (Black Pearl), Pele's astonishing goal-scoring record makes him one of the greatest footballers of all time. His story is a lesson for every sports aspirant. In Pele's own words, "Success is no accident. It is hard work, perseverance, learning, studying,



sacrifice and most of all, love of what you are doing or learning to do." His life reminds us that greatness is earned through unwavering dedication, no matter where you start.

Dipa Karmakar: A Leap of Faith

True champions are those who can change setbacks to stepping stones and use criticism to fuel their passion. In doing so, Dipa Karmakar, India's female gymnast has proved beyond doubt that she is a true champion.

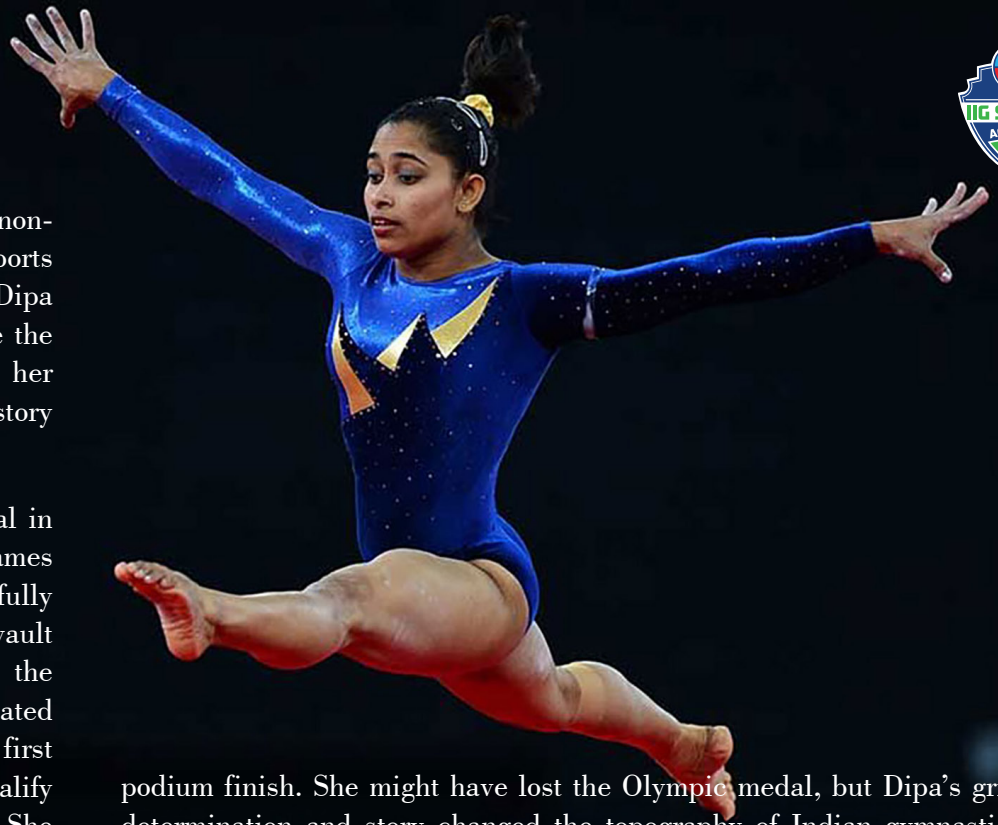
In an interview with Times of India, Dipa had shared how a foreign coach's remark that "women couldn't achieve much because they only come to national camps to pass the time, roam around and eat", had hurt her as an athlete. But instead of breaking her spirit it ignited a fire within her to prove herself, which she did beautifully by making the Produnova Vault – one of gymnastics' most dangerous feats - her signature move.

In a country where gymnastics was often associated with the circus, Dipa fought against all odds to establish it as a credible sport. Hailing from Agartala, Tripura, she began her gymnastics journey at the age of 5 guided by coaches Soma Nandi and Bishweshwar Nandi. From having flat feet, a huge deterrent for gymnasts, to limited gymnastic



infrastructure and virtually non-existent support system of sports doctors or physiotherapists, Dipa braved every obstacle to take the leap of faith that would etch her name in bold letters in the history of Indian sports.

Dipa clinched a bronze medal in the 2014 Commonwealth Games at Glasgow by successfully landing the Produnova vault despite a fractured leg. In the 2016 Rio Olympics, Dipa created history by becoming the first Indian female gymnast to qualify for the Olympics in 52 years. She also clinched a gold in the test event but narrowly missed the



podium finish. She might have lost the Olympic medal, but Dipa's grit, determination and story changed the topography of Indian gymnastics forever, opening the gates for many young boys and girls to embrace this sport as a passion and career.

Embrace the Power of Surya Namaskar

Surya Namaskar or Sun Salutation is a holistic practice combining asanas (postures), pranayama (breathing), and meditation to benefit both the mind and body. It involves a series of 12 steps that result in a complete body workout, promoting flexibility, strengthening muscles, and enhancing mental clarity. Traditionally performed facing the sun in the morning before starting the day's activities, this exercise can offer a transformative experience.

Follow the infographic below to easily integrate this healthy practice into your daily fitness routine and feel the difference.



'Life is a kind of chess, with struggle, competition, good, and ill events.'

----Benjamin Franklin----

The Curious Young Boy Who Checkmated World's Finest Minds

An 18-year-old boy from Chennai, calm and composure written all over his face, his gaze fixed on the chessboard and mind lost in deep thought strategizing his next move—a move that would etch his name forever in India's chess ecosystem. This story is about Gukesh Dommaraju – India's youngest chess grandmaster and the reigning world chess champion who made our nation proud by clinching the winner's title in the World Chess Championship held in Singapore in December 2024. But Gukesh's rise to stardom hasn't been a smooth sail all along. It is a story of determination, grit, timed decisions, and sacrifice.

Humble Beginnings

Born in Chennai, on 29th May 2006 to a Telugu couple – Dr. Padmakumari, a microbiologist by profession, and Dr. Rajnikant, an ENT surgeon, Gukesh had a humble upbringing. In a family where academics seem to be the expected pursuit, Gukesh parent's found him inclined towards chess from the age of 6. While most kids his age spent their afternoons playing outdoors, Gukesh was hooked to the black-and-white grid. His parents too encouraged him initially seeing his fascination but soon realised they were nurturing a prodigy.

The Journey

Though Gukesh started training early at the age of 7 years with structured 1-hour sessions thrice a week, his journey hasn't been a bed of roses. The chess prodigy has had his share of hardships, failures, personal sacrifices, and sacrifices by his parents to reach where he proudly stands today. Gukesh dropped out of school after Class IV to completely focus on his chess career. His father too quit his job to accompany Gukesh to various tournaments. Step-by-step Gukesh built his game and his extraordinary talent shone in front of the world.



Achievements

Gukesh's relentless training sessions, hard work, and rigorous practice paid off in the form of multiple remarkable achievements. He claimed the Under-9 title in 2015 at the Asian School Chess Championships and became the Under-12 World Youth Champion in 2018. That same year Gukesh swept five gold medals in the Asian Youth Chess Championship across individual and team events. However, he achieved his first big milestone in January 2019 when he became the then-second-youngest Grandmaster in chess history at the age of 12 years and 7 months. Gukesh's winning streak continued with many further victories including winning the prestigious Julius Baer Challengers Chess Tour, Gelfand Challenge in 2021.

Rise to a Global Icon

Despite his world-class achievements, Gukesh has always remained the picture of patience and humility. In August 2023, he became the youngest chess player ever to reach a rating of 2750 and the following month this young disciple surpassed his idol and mentor Vishwanathan Anand



to become India's No.1 Chess Player joining the ranks of the world's Top 10 grandmasters. In April 2024, Gukesh participated in the Candidates Tournament held in Toronto and finished as the youngest-ever winner of this tournament.

Finally, in Dec 2024, this curious

young Chennai boy who dedicated his entire childhood to mastering the game of strategy and intellect etched his name in world chess history by claiming the title of World Chess Champion. Gukesh's story is not just about titles but about an attitude that believes in relentless pursuit, discipline, and the audacity to dream beyond any limit and

challenge every convention to make that dream come true.

For all aspiring minds at IIG Sports Academy, Gukesh Dommaraju stands as a beacon of hope and possibility, teaching one invaluable lesson: greatness begins not with extraordinary talent but with an extraordinary attitude.

Tips for a High Performance Diet Plan:

- Prioritize whole grains over refined grains
- Include a wide variety of fruits and vegetables in your diet
- Increase your intake of low fat dairy or dairy alternatives
- Choose healthy fats like vegetable oils, fish, seeds over butter or margarine
- Include a variety of lean proteins
- Try to ensure good omega-3 intake from fatty fish or plant-based sources like walnuts and chia seeds
- Focus on foods high in potassium, fiber, calcium and Vit. D.

(Source Credit: <https://www.healthline.com/nutrition/sports-nutrition>)



SPORTS CROSSWORD PUZZLE

Solve the clues and fill out the grid

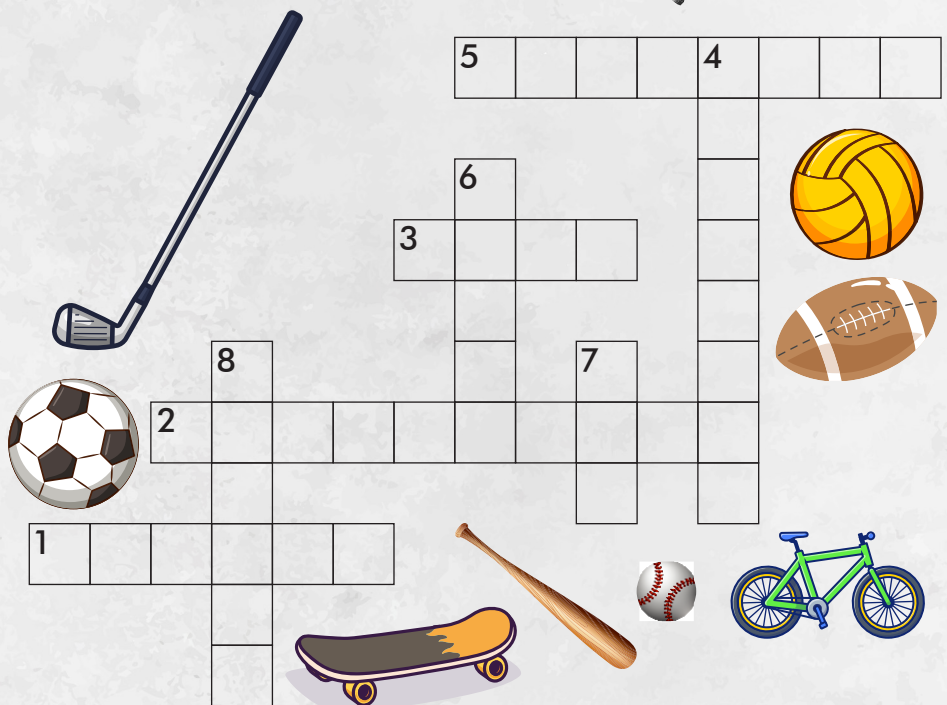


DOWN

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

ACROSS

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



CONTACT US

Sports Campus: KT Campus F/12, IID Centre, Barunei Temple Road, Bhubaneswar, Odisha - 752057
Phone: +91 890-888-0555, Email: info@iigsports.in , admission@iigsports.in