

# 671

Sessions Conducted for  
STEAM Athletes

The last two months gone by – June and July - have been very special in the foundation's journey so far. Your immense support and contribution have helped our initiatives reach unprecedented milestones which we all can be extremely proud of.

While the old projects bloom, we are also planting new seeds which would be the early steps towards building a better and more inclusive society.

# 1300+

Attendees at the Fireside Chat



## New Beginnings

Pg. 1

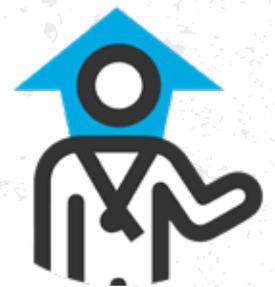
How sport can change the world – In conversation with Nobel Peace Prize Laureate Professor Muhammad Yunus

# 65+

Coaches/Trainers reached through  
Mental wellness programmes

We aim to endogenize the 'Athlete Mental Wellness' and 'Coach Mental Wellness' initiatives to cater to the learning needs of Odisha athletes at the grassroots and developmental level.

Pg. 2

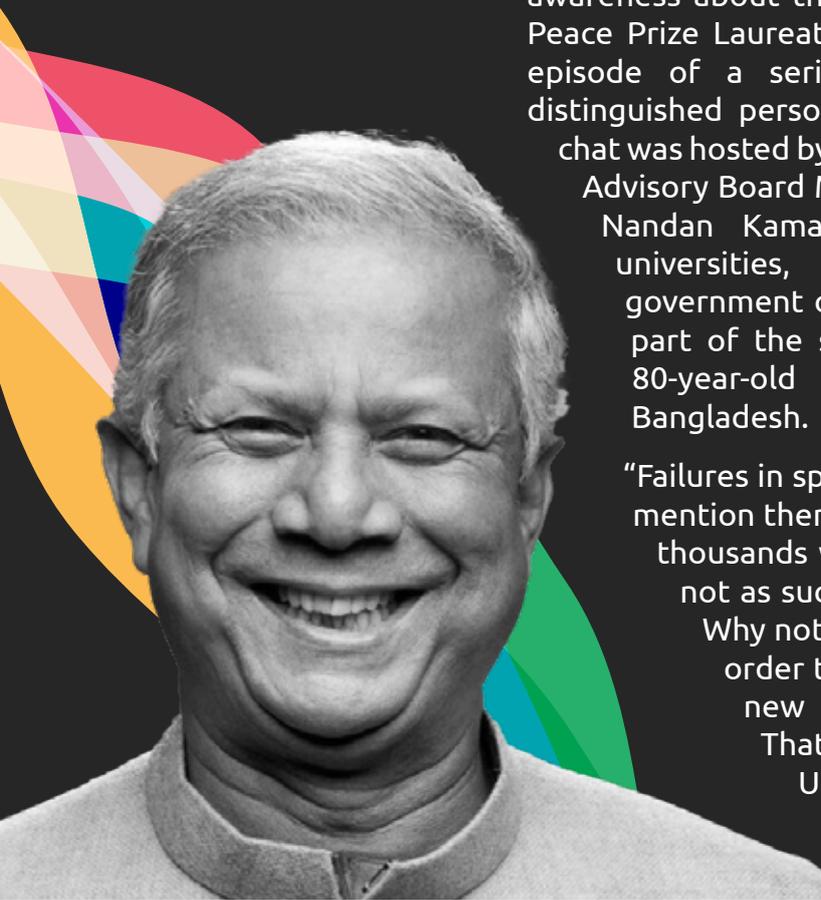


## STEAM athlete youngest to qualify for the Paralympics

At the age of 18, our STEAM athlete Palak Kohli became the youngest para badminton player to qualify for the Paralympics...

# How sport can **change the world**

*In conversation with Nobel Peace Prize Laureate Professor Muhammad Yunus*



In what was a big step forward towards our aim of creating awareness about the social impact of sport, we hosted Nobel Peace Prize Laureate Professor Muhammad Yunus in our first episode of a series of monthly dialogues planned with distinguished personalities and thought leaders. The Fireside chat was hosted by Mr. Abhinav Bindra and moderated by ABFT Advisory Board Member and Principal Lawyer at LawNK, Mr. Nandan Kamath. Along with students from leading universities, leading industrialists, entrepreneurs, government officials, and sports professionals were also part of the session and got to pick the brains of the 80-year-old social business entrepreneur from Bangladesh.

“Failures in sports are far more than success but we don’t mention them. Behind the top ranked sports persons are thousands who have worked with dedication but were not as successful. What happens to all those people? Why not help them become social entrepreneurs? In order to go to a new destination, we have to build new roads. That’s our task, an exciting start. That’s my destination – A World of 3 Zeroes. Zero Unemployment, Zero Net Carbon Emission and Zero poverty.”

- Muhammad Yunus

## Empowering **Cerebral Palsy** athletes

We are extremely proud to announce that we joined hands with the Cerebral Palsy Sports Federation of India (CPSFI) & will be working together towards empowering cerebral palsy athletes in India. We believe that Sport-science based training and access to advanced technology and infrastructure will encourage the participation of these athletes in sports and help them compete at the national and international level.

Ms. Kavita Suresh (General Secretary and CEO, CPSFI ) also visited our ABF centre in Bengaluru. Our team of physiotherapists hosted the CPSFI team & impart a comprehensive understanding of the equipment which will aid in the training of Cerebral Palsy athletes.



## ABF Bengaluru hosts Indian football star

Brandon Fernandes, who plays as an attacking midfielder for FC Goa and the Indian national football team, visited our Bengaluru centre for assessment and training.

“The Facility is one of the best facilities I’ve seen in India. The staff is very professional. I’ve done my testing here and got to know a lot about my body. This experience will help me work on myself and get ready for the upcoming season.”

- Brandon Fernandes

# Gunning for Tokyo

Refugee athletes Luna and Mahdi Make their Mark

From refugees to Olympians in two years, Luna Solomon and Mahdi Yavari achieved the unthinkable as they qualified for the Tokyo Olympics 2020 in the 10m Air Rifle event. This brave journey which began at Lausanne in March 2019 with 3-time Olympic Gold medalist Niccolo Campriani selecting three 'asylum seekers' in an effort to help them find a purpose through the sport of shooting, has reached its zenith with them finding a home in sport.



## STEAM athlete youngest to qualify for the Paralympics



At the age of 18, our STEAM athlete Palak Kohli became the youngest para badminton player to qualify for the Paralympics and will be competing in as many as three events at the Tokyo Games starting August 24<sup>th</sup>. The tenacious shuttler from Jalandhar has overcome all the challenges in her path with determination and hard work, and we are confident this is just the beginning of the many firsts she achieves for the country. Her story has the potential to create ripple effects in our sporting community and will surely empower para-athletes in India to dream big.

"The Abhinav Bindra Foundation (ABF) has played an immense role in my growth as a sports person. Their team of expert physiotherapists and state-of-art technology have helped me measure and improve the physical aspect of my game at every stage. I am glad to be associated with them and hope they keep supporting me in the future."

- Palak Kohli

## Basketballers galore



Indian National Men's Basketball Team Captain & Arjuna Awardee, Vishesh Bhriguvanshi visited our ABF Bengaluru facility to undergo an advanced biomechanical assessment using state-of-the-art technology! Former Captain of the Indian Basketball Team, Jagdeep Singh Bains & Professional Basketball players, Amjyot Singh and Aryan also made the best use of the off-season by undergoing scientific training and assessment sessions.

## Endogenizing **Mental Wellness** initiatives in Odisha

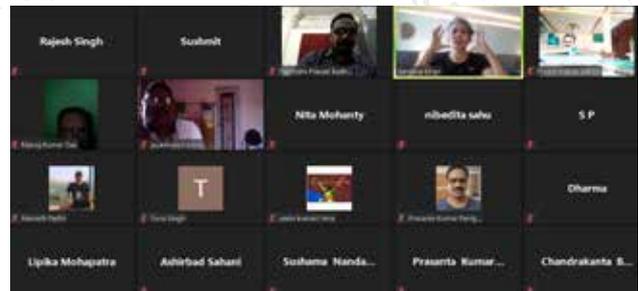
After the successful conclusion of the Coach Mental Wellness programme in early July, we launched the 'Train the Trainers' programme in collaboration with Sports and Youth Services Department (DSYS), Govt of Odisha. The sessions curated and hosted by Dr. Sanjana Kiran (Head of Sports Psychology at ABFT), the 10-week-long virtual training initiative was attended by 5 psychologists who were nominated by the DSYS Odisha. The training module primarily focuses on empowering local sports psychologists with the knowledge and skills required to address the mental wellness of athletes as well as the coaches. By virtue of this programme. The training of these top psychologists ensures persistent mental wellness conversations for the growing

*"I am excited to co-create a unique ABFT-Odisha Athlete Mental Wellness Programme that is indigenous and sustainable, and also empowers local sport psychologists with the knowledge and skills required to take athlete mental wellness conversations further."*

**- Sanjana Kiran**

athlete population of Odisha.

Upon completion, the trainees will be awarded with a joint certificate by ABFT and DSYS, and will be qualified to impart their knowledge further to the coaches as well as athletes in accordance with their tailored modules based on cultural & linguistic ordeals.



*"As the science of sports performance evolves, it becomes increasingly important to integrate the mental and physical aspect of performance. We collaborated with Abhinav Bindra Foundation Trust who has expertise in Sports Psychology. We are confident this program will directly benefit our sports hostel athletes as the specialists, once certified, will start working with them towards their overall wellness."*

**- Vishal K. Dev**

(Principal Secretary, Sports & Youth Services Department, Government of Odisha)



## **Sleep Moksha** for STEAM athletes

We have been actively trying to spread awareness about how lack of sleep has an adverse impact on an athlete's performance. Other than the risk of high blood pressure, kidney disease, and stroke, it can also elevate the probability of anxiety and depression in an athlete.

Despite the level of exertion and tiredness, many athletes still face difficulty getting sound sleep. To counter and correct that, we have been conducting exclusive sessions for our STEAM Athletes around the concept of Sleep Science and its optimization. They continue to receive the benefits of a series of very insightful, weekly webinars conducted by Dr. Monika Sharma,

Behavioral Sleep Medicine Consultant at the Foundation.



Consequently, these are the improvements that have been observed:

- Significant reduction in disturbance during sleep: Time taken for the athletes to fall asleep has significantly come down and they are now able to maintain sleep with no or negligible disturbance after the sleep onset.
- Better Sleep Habits: All the athletes are now meeting their sleep needs on a daily basis and are consistently maintaining their individual sleep schedules.
- Improved Sleep satisfaction on the weekends with no urge to sleep in.
- No sleep debt
- Waking up feeling fresh with significant improvements in daytime symptoms - Better mood, energy and motivation levels.
- Positive Mindset: With significant sleep improvements, athletes are now also showing reduced psychological distress. They have managed to control anxiety provoking, depressive and stress inducing thoughts very effectively.
- Athletes have also reported improvements in their cognitive abilities. It has led to improved performance and a positive mindset during practice sessions.
- All athletes are reporting an overall improved sense of Physical and Mental wellbeing.



### India's medal hope in swimming at Tokyo 2020

Manna Patel, who represented India in the 100m backstroke event in swimming at the Tokyo Olympics 2020, visited the ABF centre in Bengaluru. She has been rehabilitating and training at the centre to stay in shape for the Games.

*"Since the beginning of the year, I was part of the Indian national camp and I've been coming to ABF Centre regularly for my treatment. I would really like to thank them for looking after my training and helping me stay fit and safe for the Olympics."*

- Maana Patel



## #NewGen Physiotherapists Webinar Series

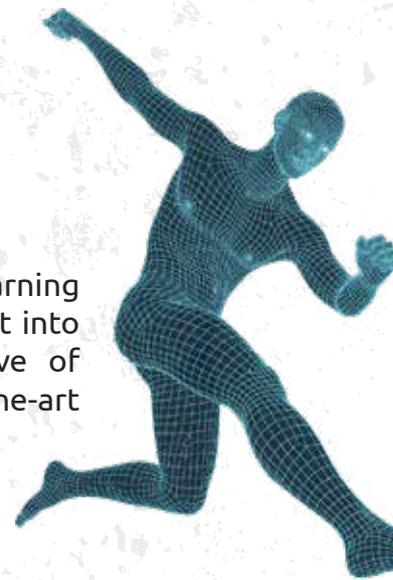


As an opportunity to polish our skills, build new networks and bring out the best in ourselves, we conducted the 'New Generation Physiotherapists Webinar Series' to gain notable insights into the scientific advancements in Physiotherapy and Rehabilitation approaches prevalent around the globe.

The webinars were hosted by our world class Physiotherapists and covered topics such as Movement Impairment Syndromes of the Lumbar Spine, Motor Learning Strategies to Improve Motor Performance in Parkinson's Disease, Supportive Resuscitation, Cerebellar Rehabilitation and The Advancements in Ergonomics for Students and Academicians.

## Introducing **Advanced Certificate** course in Applied Biomechanics in collaboration with Principia Technology

We are excited to announce the release of a brand new advanced learning programme in collaboration with Principia technology. The course is split into three modules based on comprehensive concepts with the objective of imparting a fundamental insight into Biomechanics using state-of-the-art technologies.



## Special wishes for Indian athletes competing in the Tokyo Games



Our STEAM athletes from ABF's Pune and Bengaluru centres came together to wish the Indian contingent all the very best for the Tokyo Olympics 2020. From PV Sindhu to Neeraj Chopra, the budding Olympians also encouraged their favorite sportspersons to go for Gold.



## Your contribution to this cause can benefit the Indian Sport Ecosystem

as these additional resources would help us in increased diligence in the implementation of our programs across the eco-system, be it directly in the training of athletes, or in the long term benefits of Educating the support staff of an athlete.

- 80G Compliant (up to 50%)
- CSR Eligibility
- Regular Reports on your donation
- Branding/Deliverables can be discussed based on Donation.

For more information, contact us on  
[info@abft.in](mailto:info@abft.in) | [karansingh@abft.in](mailto:karansingh@abft.in)