



Our 2021 Journey

The background of the cover features a black and white photograph of two children. On the left, a boy is shown in profile, looking down at a badminton racket he is holding. On the right, a girl is smiling and looking towards the camera. A large, vibrant rainbow is superimposed over the right side of the image, extending from the top right corner towards the bottom left. The text "Inclusivity and Empowerment" is written in a large, bold, serif font across the middle of the image, with the rainbow passing through it.

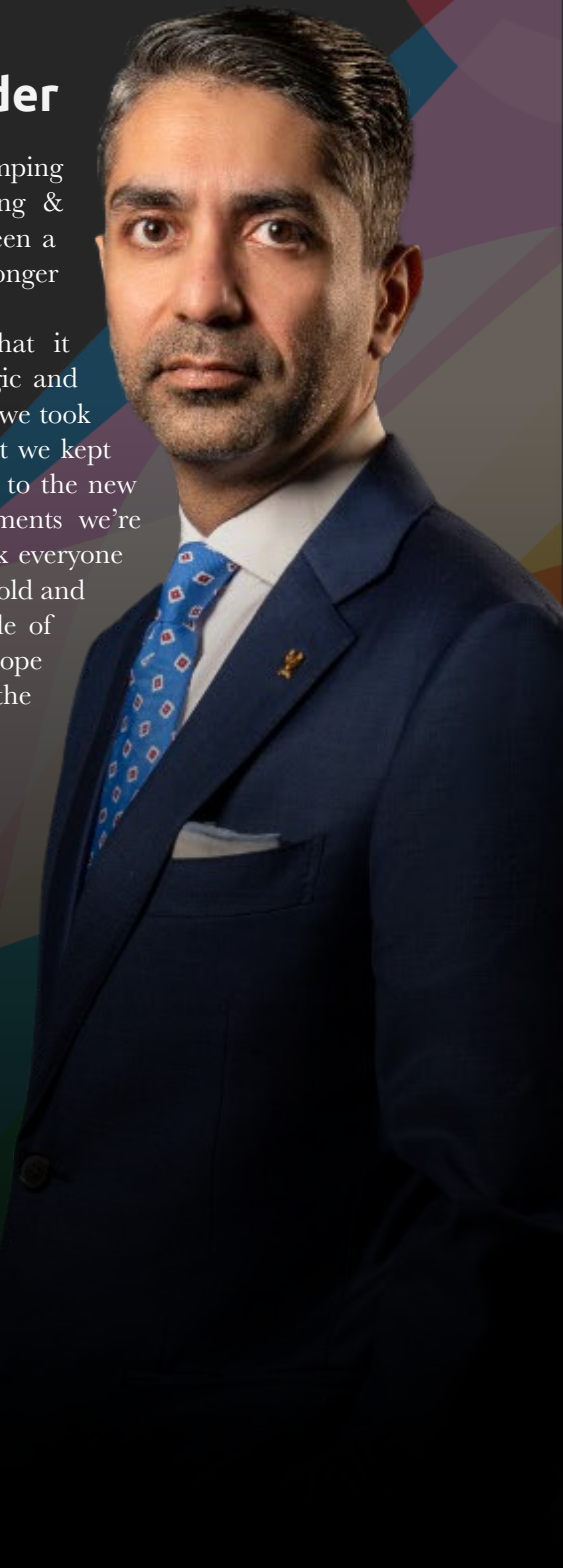
Inclusivity and
Empowerment

From the Desk of our founder

For each one of us, 2021 has been the year of jumping back up on our feet, of endurance, of resetting & restarting, trying again...and triumphing. It has been a year of unity, persistence, inclusivity, and getting stronger - together.

Despite the pandemic and all the tragedies that it triggered; the human spirit continues to find magic and strength from the depths of despair. We struggled, we took breaks, we felt isolated, we worked from home; yet we kept going. We are here now, together looking forward to the new year with hope and reminiscing about the moments we're leaving behind, good or bad. I would like to thank everyone who has supported and encouraged our initiatives (old and new) in any way, especially during the past couple of years. We are proud to have found our way and I hope reading this year-end newsletter summarising the foundation's progress will fill you with pride.

-Abhinav A. Bindra



The Mental Wellness Journey Continues...

Athletes are also human; are prone to anxiety, depression, and need to be provided with a safe and conducive environment to pursue excellence. Our collective responsibility is to help athletes, coaches, and the rest of the sporting ecosystem begin conversations about mental health, reflect on its link to peak performance, and how they can incorporate best practices into their day-to-day lives.

The Athlete Mental Wellness (AMW) and Coach Mental Wellness (CMW) programs are operational in 5 sporting ecosystems with an emphasis on athletes and coaches as humans first. They are equipped with self-awareness & self-care tools, post-athletic plans, mental resilience, along with other components. By virtue of AMW and CMW programs, have been successful in raising awareness of the sports ecosystems' responsibility towards athlete and coach mental wellness through the Athlete Psychological Safety (APS) and Coach Psychological Safety (CPS) training.

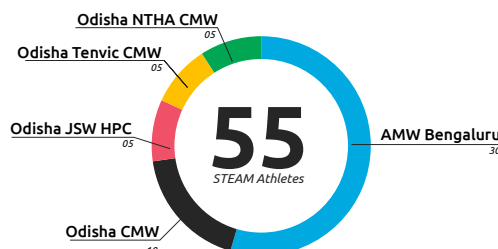
“The mental wellness sessions organised by ABFT helped me understand that taking care of my mental health is as important as working on my physical fitness. I have become more self-aware and mentally resilient thanks to the tools and techniques I learnt during the programme.”

- Mansi Pansare
STEAM Scholarship Athlete



120+
Athletes impacted

97+
Coaches impacted



Train the Trainers

Endogenizing AMW & CMW in Odisha

Understanding the need to endogenize the AMW & CMW programs and cater them to the learning needs of athletes at the grassroots and developmental level, we launched the 'Train the Trainers' program. 10 week-long virtual training for 5 psychologists in Odisha, nominated by the Department of Sports & Youth Services, Government of Odisha. The training module is curated by Sanjana Kiran and 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.

I am excited to co-create a unique ABFT-Odisha Athlete Mental Wellness Program 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
Head of Sport Psychology, ABF



"This program was very insightful and effective. I am thankful to Ms. Sanjana Kiran for guiding us and answering all our questions patiently. We have learnt more about mental health, and how to remedy if things are going wrong. We will apply the learnings to create a safe environment for us as well as our athletes.."

- Lipika Mohapatra
Athletics Coach, Odisha (Participant CMW)

The training of these top psychologists ensures robust and intense implementation of the mental wellness programme catering to the growing athlete population of Odisha. These trained psychologists will be able to impart their knowledge further to the coaches as well as athletes in accordance with their tailored modules based on cultural & linguistic ordeals.



S.T.E.A.M.

Scholarship Programme

The STEAM (Science, Technology, Engineering, Analytics, and Medicine) Scholarship programme is designed to empower budding Indian athletes, provide them world class training at par with Global Best Practices and mentoring them in their journey of becoming Olympic champions.

Through regular assessments, goal-setting consultations, training, and competition mentoring using data science and accountable solutions, our athletes made brilliant progress, with a lot of them moving up a level and winning medals by the handful at national and international competitions. We are proud of all of them and are committed to their high-performance journey going forward.

Mohali
(412)

Delhi
(174)

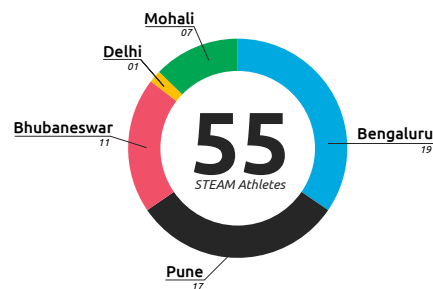
Bhubaneswar
(424)

Pune
(573)

Bengaluru
(1695)

3278+

Sessions



80+

Medals

Palak Kohli (Paralympian)

STEAM Scholarship Athlete

6 Medals won in 2021

At the age of 18, the tenacious Palak Kohli became the youngest para badminton player to qualify for the Tokyo Paralympics 2020. She took a lot of confidence from the experience at her debut Games and has been in sensational form since then, having bagged 3 gold medals, 1 silver medal and 2 bronze medals at various international events in less than a month.



Science



Technology



Engineering



Analytics



Medicine

Chahat Arora (Swimmer)

Sport4Her Athlete

10 Medals won in 2021

Despite not being able to train in full throttle due to the COVID-19 induced lockdown, Chahat had a phenomenal year. The fact that all 10 of her gold medals have been Gold shows just how much she has dominated all her competitors. Along with breaking state records in 50m Breaststroke, 100m Breaststroke, 200m Breaststroke, and 200m Medley, Chahat also shattered the national record in 50m Breaststroke (33.62 seconds) at the Senior National Aquatic Championship. Her progress has been truly inspirational to watch and we are really confident she will soar even higher. Watch out for her!



I would like to thank ABFT for giving me the STEAM Scholarship which helped me through my recovery phase and the amazing physiotherapists at the Foundation for always being there. They have really helped me with my injuries. I had some knee problems and shoulder injuries. They are really helpful, and I think it is one of the reasons I have been injury free during this season. My current goal is to be in the Indian squad for Asian Games, 2022 and in the long run I want to be on the podium for the Paris Olympics, 2024.

Vidith S Shankar (Swimmer)

STEAM Scholarship Athlete

20 Medals won in 2021

Just 15 years old, Vidith is a star in the making. Winning 20 medals in a year is no mean feat but breaking the state and national records (100m Breaststroke and 200m Breaststroke, respectively) makes it even more awe-inspiring. A really special talent, an exciting prospect and we cannot wait to see his future exploits



Making our Mark *at the Tokyo Olympics*

Despite the unforeseen & unprecedented impact of the pandemic and the postponement of the Tokyo Olympics till July 2021, the Make A Mark project reached the most fruitful of conclusions. This brave journey had begun at Lausanne in March 2019, with 3-time Olympic Gold medalist Niccolo Campriani selecting three 'asylum seekers' – people forced to leave behind their loved ones, their homes, their sense of belonging – in an effort to help them find a purpose through the sport of shooting.

Our extremely ambitious dream reached its pinnacle when two of the bravehearts - Luna Solomon and Mahdi Yavari - did the unthinkable and qualified for the biggest sporting event in the world - the Olympic Games. The immense success of this initiative made us realise that the true potential of sport to facilitate change remains unexplored. This experience sowed the seeds for our next projects, with the aim of venturing even deeper into the sporting values of inclusivity and equity.

“In sport I have finally found peace. On the range, there is just me, my rifle and the target. In Tokyo, this will be no different, and I am ready to make my mark.”

- Luna Solomon



“By competing at the Games, I want to send a message to the whole world and change people's opinions of asylum seekers, refugees and displaced people. A message that says we are here, we are human and we have ambitions, fears, passions and dreams.”

- Mahdi Yavari

“What I've learnt most on these trips was how to completely break the barrier of Fear. So I'm really exploring myself through this journey.”

- Khaoula



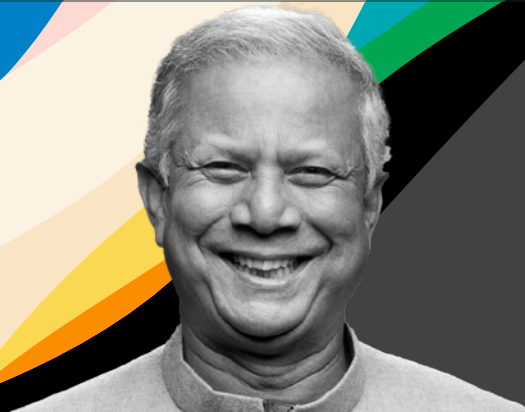
Sports and Social *Business*

The Fireside Chat with Nobel Peace Prize Laureate Professor Muhammad Yunus marked the beginning of our efforts to move towards a more inclusive and resilient society through the learnings we derive from sport. The 80-year-old luminary is a Bangladeshi social business entrepreneur, banker, economist, civil society leader, and founder of the 'Yunus Social Business', which is a global social business network that aims at creating solutions in and through the medium of sports. The conversation touched upon a variety of topics, including 'Sport as a medium through which societal problems can be solved', 'How sport can be made more inclusionary and not only for just a few people practicing it at the elite level', and 'The role of sport in solving the social issues faced by countries like India and Bangladesh'.

The panelists for the session - who ranged from leading industrialists, entrepreneurs, sports professionals, and students - engaged with the inspirational leader and reflected on the learnings they derived from the chat.

“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 Zeros. Zero Unemployment, Zero Net Carbon Emission and Zero poverty.”

- Prof. Muhammad Yunus



"What Professor Yunus said is very interesting; that everybody needs to be an entrepreneur and not a job seeker. It is very very important to understand that."

- Smt. Yashodhara Radhe Scindia,
Honourable Minister of Sports and Youth Welfare



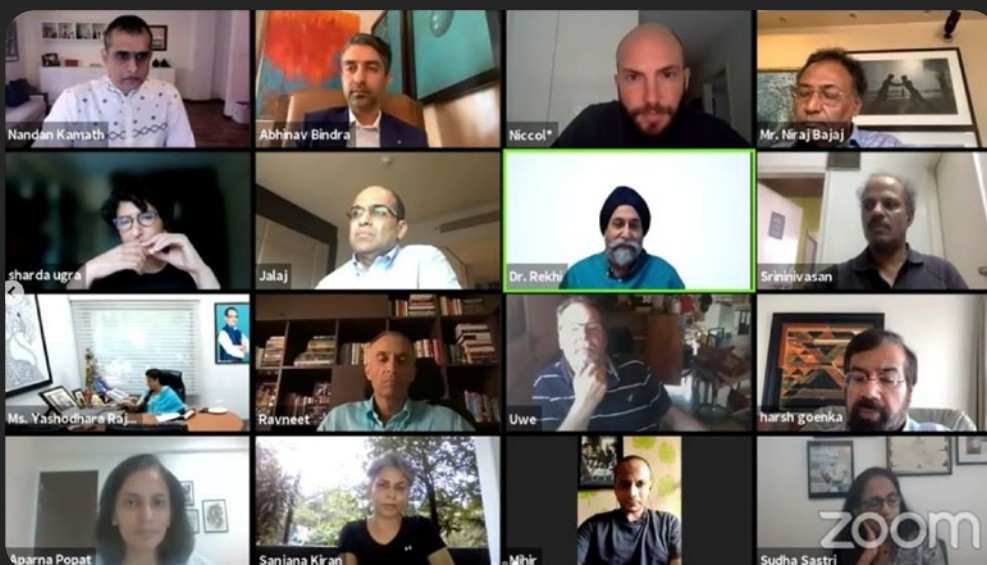
"The first ingredient for the science of happiness is doing things for yourself, to your own self. If you keep building that ego, you are only going to land up with an emptiness and void. When you do things for others, happiness comes. I was happy to see an economist like Professor Yunus mentioning the same thing in this session."

- Dr Rekhi Singh



If it comes down to making the world a better place through sport, we need to make sure that the ambassadors of the Olympic movement, who are the Olympians themselves, are the embodiment, the role model of this philosophy. They are the ones leading the charge after the career as well. It's not just about inspiring your own community by standing on the podium but it's what you're going to do after.

- Niccolò Campriani



Olympism

and its Values

Redoubling our efforts to move towards a more inclusive and peaceful world, we launched a monthly webinar series based on Olympism and its values. Leveraging the Olympic Movement, we aim to bring together prominent historians, thought leaders and experienced academicians from all across the world to discuss and synergise the various ways through which the world can adopt these values (Excellence, Friendship, and Respect) and address sustainable development goals through sport.

EP. 01

A discussion on
Olympic movement in the post covid era
and its implications for civil society



EP. 02

Olympic Values Education
An opportunity to empower Young Indians



EP. 03

Sports for **Inclusion**
Breaking Barriers



EP. 04

Sports for **Youth Development**
Values | Skills | Livelihood | Growth



18000+
Attendees

4
Episodes

500+
*Minutes of Discourse
on Olympism*

Sport4Her

Empowering Female Athletes in India

Over the years, we have learnt a lot about the Indian sporting ecosystem through our work. Continuing our efforts towards its betterment, we marked the beginning of the Sport4Her initiative to empower female athletes in the country. The program is designed with a holistic approach in mind to cater multiple paradigms using sport as a vehicle for female athlete development at all levels of competition.

The main components the programme focuses on are Leadership Development, forming a Female Athlete Network for a large-scale transfer of knowledge, Mental Wellness, High performance Training, Health & Nutrition.

High Performance Sport

Performance Enhancement
Injury Prevention / Rehabilitation
Strength/ Conditioning
Recovery Protocols



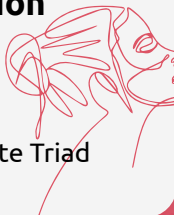
Leadership Development

Communication Skills
Personality Development
Life after Sport
Media Training



Health & Nutrition

Nutrition
Mental Wellness
Sleep Science
PCOS & Female Athlete Triad



Female Athlete Network

Group Interactions/Community building/Networking
Mentorship
Sport in Community Safety



We have made significant progress so far, including onboarding a dedicated leadership coach, establishing a network of 150+ members in the Female Athlete Network, constituting an all-female members committee to monitor the functioning of this initiative & utilizing the BSVWithYou platform to access resources. Our athletes in the Sport4Her roster have also attained glory at state/national level competitions in various sports disciplines in the last quarter.



Sports Science

Technology for Cerebral Palsy Athletes

We joined hands with the Cerebral Palsy Sports Federation of India (CPSFI) and are now 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 para athletes in sports and help them compete at the national and international level.



While the association is still in the nascent stages, we have already started assisting in the high performance training of para athlete Karthik Muralikrishna for the Asian Para Games 2022, China. Karthik's high-performance sessions are held in our Bengaluru centre, and have contributed to him winning the bronze medal at the Asian Youth Para Games 2021.



The roadmap of our partnership is based upon creating awareness, sensitivity, and fairness among coaches, support staff and volunteers of CPSFI towards the processes involved in identifying capabilities, training pedagogy, and grouping of children. Going forward, we plan to create a sports specific handbook that will be a ready reckoner for future programmes. We should be able to further expand on this by assisting in sport identification for interested cerebral palsy children.





ABSMARI

ABHINAV BINDRA SPORTS MEDICINE & RESEARCH INSTITUTE

On 29th November, 2021 ABSMARI completed its one-year journey. While it is still early days, ABSMARI is well on its way to becoming a name synonymous with excellence in sports medicine & research. Aiming to help bridge the gap between Indian sports, healthcare industry & global best practices, our institute provides Indian physiotherapists & sports scientists an affordable and comprehensive education.

Over the course of the year, ABSMARI has also promoted quality research outputs from both the faculty and students along with experts from around the world.

In the 2020-21 batch we inducted **30 students** into the MPT program & **8 students** into the BPT batch.

For the 2021-22 batch we have received over **50 applications** for MPT & over **20** for BPT.



Our MPT sports students provided physiotherapy assistance to the athletes participating in the All India Inter-University Aquatics Championship under the guidance of the Musculoskeletal & Sports Department faculty



Team ABSMARI, led by Dr. Sonali played a huge role in treating para-badminton players all throughout the 3-day Para-Badminton Nationals. They were felicitated by Sports Secretary of Odisha Shri Vineel Krishna for their tremendous help in conducting the tournament.

Sleep Science

As Behavioural Sleep Medicine Specialist at the foundation, Dr. Monika's work revolves around helping athletes get the best quality sleep in order for them to be able to perform at optimum levels all day. Her interventions include a multifaceted approach to treating sleep problems that high-performance athletes face; understanding and treating the root causes rather than attempting to address the symptoms. Her drug-free interventions helped optimise the performances of our STEAM Scholarship athletes by improving their sleep quality and efficiency, balancing their nervous system, adjusting their lifestyle, examining their cognitive abilities (thought patterns), and offering relaxation through various mind-body techniques including mindfulness.



“Thank you Dr Monika for your expert guidance to Anjali Bhagwat Shooting Academy shooter Pranali Suryawanshi, I am happy to see the improvement in her daily work and stamina. Even after the whole practice session I find her to be fresh and energetic.”

- Anjali Bhagwat
(Three-time Olympic shooter)

“These sleep camp sessions organised by the ABFT have made me realize the importance of sleep in performance enhancement and recovery. I can see a lot of improvement in my shooting skills as my focus and balance is getting better. The individualised sessions have helped me overcome my biggest sleep challenge, which is excessive screen time. In my personal life too, I'm becoming more relaxed, calm, and positive. I also feel fully recovered from my previous day and am able to maintain good energy levels throughout the day.”

- Pranali Suryawanshi



A Tribute to Tokyo 2020 Medalists

Indian athletes and para-athletes made history at the Tokyo Games, winning the best ever medal haul in our 120 years of participating in the Olympics. Having hung up his boots (or rifle) post 2016's Rio Olympics, India's first individual Olympic gold medalist sought to give extra motivation to the contingent by writing personalised letters of appreciation to all those who stood on the podium. It was fitting then that 13 years after Mr. Bindra shot open the gates, Neeraj Chopra's Javelin sailed in with India's second individual Olympic gold. Along with an endearing letter, Neeraj also received an additional gift - a golden retriever named (what else?) Tokyo.





Project Bhulli

Helping Hill Villages Fight
COVID-19.

For more information contact, info@bhulli.in

Fight Against COVID-19

Project Bhulli

We collaborated on 'Project Bhulli' to provide COVID Care and Prevention Kits to remote villages of Uttarakhand. In the first phase, over 2000 masks, gloves, 300 medical kits and varied preventive medicines, streamers etc. have been supplied so far to the people residing in Tehri & Garhwal, i.e. Bairola, Chaka, Dharkot. The second phase of the operation saw similar donations being made to the people of Sumari, Uuni, Harkandi, Chamrana and additional nearby villages.



Weighted Blankets donation

The House of Charu gifted some of our STEAM Athletes with weighted blankets. As we are working on the Sleep Health initiative, the House of Charu has made a sweet contribution by gifting some of our STEAM Athletes with Weighted Blankets which offer pressure therapy to calm a restless body, help one fall asleep faster and improve the sleep pattern! In order to educate these athletes to make the best out of these blankets, Dr. Monika Sharma also conducted an exclusive session with these athletes.



Internet of Moving Things

Through mCube, an innovator and technology leader in sensor solutions that enable the Internet of Moving Things (IoMT), we made donations of SensFit Habit+ smart bands powered by its sensor technology to help the fight against COVID-19 spread in India. These bands were distributed to doctors, frontline healthcare workers, COVID care hospitals as well as members of the Government.



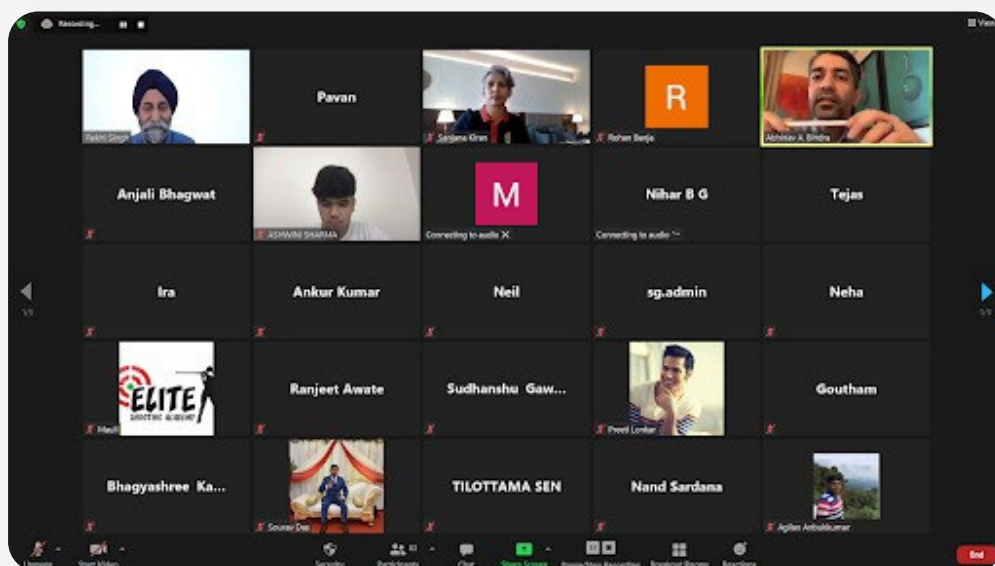
60+

Participants from the Sport Authority of India, State Governments, NSFs, and various sporting Organisations take part. More courses will be released soon.

High Performance Leadership Course

The High-Performance Leadership Course is a one-of-a-kind resource put together by the ELMS Foundation, in an effort to create more leaders and strong influences in the Indian Sporting Landscape. The Abhinav Bindra Foundation serves as the course's Knowledge Partner, in a bid to share its learnings and collaborate towards a robust course that every participant can associate with the current situation of Sport. The HPLP aims to: Encourage Athlete-Centric Mindset, Facilitate Collaboration, Optimise Resources, and Drive Performance Objectives

The Indian Sport Education Fund is an initiative by the Abhinav Bindra Foundation and International Academy of Sport Science and Technology India (AISTS), to help the Indian youth learn and disseminate the Global Best Practices needed to ensure we develop as a Sporting Nation. Created with the purpose of helping committed individuals contribute to Indian Sport, the Fund is open to individuals keen to enter sport as well as empower those involved to make a bigger impact on the ecosystem at large.



Happiness Session with Dr. Rekhi

A session with Dr. Satinder Singh Rekhi on the Significance of Mental Health for Athletes.

Founder of R Systems Inc. and Hon. Chairman of Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur. Dr. Satinder Singh Rekhi interacted with our STEAM Athletes on the significance of mental health and shared a bundle of life experiences with them to understand what happiness looks like in a practical world. The athletes too found the session interesting and were imparted with inspirational guidance with our Founder Mr. Abhinav Bindra, in addition.



Dhanraj Pillay
(Former Captain, Indian National Hockey Team) at the Pune Centre



ACP Vijay Chaudhary
(Indian Wrestler) at the Pune Centre



Dheerav Mulani Squash Academy
At the ABTP Pune Centre



Maana Patel
Represented India at the Tokyo Olympics 2020 in the 100m backstroke event.



Session on Nutrition for the STEAM Athletes
By Dr Laxmi Pandrala, an award-winning Sports Nutritionist



Session on Mental Health and Competitive Edge
By Mr Anand Chulani (Success Coach & Mental Well-being Expert)



Rubani and Harnoor
(STEAM Scholarship Athletes Excelling in the Tennis Circuit)



Palak Kohli
Qualified for the Tokyo Olympics in the SL3-SU5 Women's doubles event



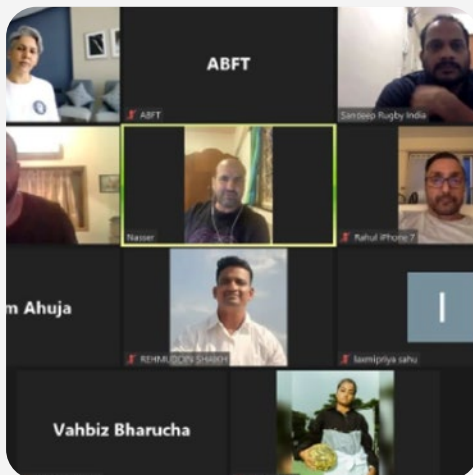
Make a Mark Athletes
At the Bengaluru Centre



Team ABF
Wishing all the best to Havildar Soman Rana for the men's shot put F57 event tomorrow at the Tokyo Paralympics 2020



Through this sweet gesture, **Vir Bhagat** exemplifies the spirit of giving that this generation of Indian youngsters possess. We wish to express our gratitude for his contribution to the foundation



Mental Wellness Session
With Rugby India



Indian National Men's Basketball
Captain visited the Bengaluru Centre for his Assessment



"It's not every **four years;
it's **everyday**!"**



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
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