

January - March 2022



Striving—
to get better,
Stronger—

The year 2022 is a crucial one for the foundation, for it is time to further build as well as consolidate on the solid work done by the whole team that boosted our old initiatives and kickstarted new ones. A good beginning usually means half the battle won and we hope the rest of the year will be as busy and fruitful as the first quarter has been. With renewed hope and commitment to bring about a change in the Indian sporting ecosystem right from the grassroots through intervention, education and social upliftment, our 2022 journey begins...

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

-Palak Kohli

the youngest para badminton player to qualify in last year's Tokyo Paralympics



The STEAM Scholarship

The applications for the STEAM Scholarship programme were reopened during the month of February. We are thrilled with the response in the current phase as over **200 athletes** applied for the scholarship, and are in the process of shortlisting the next batch of future champions and helping them achieve excellence through Science, Technology, Engineering, Analytics and Medicine.

Sadhvi begins with a Sixer

Swimmer Sadhvi Dhuri became our first medal winner of the year, bagging **6 medals (3 Silver, 3 Bronze)** in the All India inter-University Aquatic Championship 2021 at the KISS Swimming Complex, Odisha. We are proud of her whole-hearted effort and are confident that she will continue to excel in the coming months.



400+ Sessions | **14** Medals won

Train the trainers

The Train the Trainers program continued in Odisha with 11 sessions conducted in the past two months. We are steadily getting closer to achieving our basic objective of indigenizing the ABF Athlete Mental Wellness (AMW) program in terms of Odisha's cultural, values, & traditional contexts to co-create a unique "**ABF-Odisha Athlete Mental Wellness Program**".

It caters to the learning needs of Odisha athletes at the grassroots and developmental level by providing the AMW program in Odia language. Our long term goal is to achieve sustainability of the AMW program by empowering local sports psychologists with the skills sets to continue the athlete mental wellness conversations for the growing athlete population of Odisha. We want them to continue working towards the increasing local athlete population to ensure the sustainability of AMW.

Sport⁴her

Empowering Female Athletes in India

Menstrual health

for the Indian Sporting Ecosystem

Through the Sport4Her programme, one of our aims is to sensitise athletes and the whole sporting ecosystem to the concept of menstrual health and hygiene by organising athlete specific curated workshops. The objective of these sessions is to address key issues of understanding menstruation as a biological phenomenon, importance of period tracking and understanding the repercussions of neglecting menstrual health.

As the first step towards this objective, we conducted a baseline survey in which 42 female athletes participated. Key observations from the baseline survey were:

17 Average age of athletes

74% Athletes were not aware of the number of phases in the menstrual cycle.

77% Athletes were not aware of the Female Athlete Triad

The gaps identified through the baseline survey will be addressed through 3 interventional workshops, after which the athletes will undergo an end-line survey to measure the impact of these sessions.

Objectives of the Menstrual Health Workshops



UNDERSTANDING
Menstruation
as a Biological phenomenon



IMPORTANCE OF
Period Tracking



UNDERSTANDING THE
Repercussions
of neglecting Menstrual health

National Girl Child Day

The Sport4her program is a vehicle towards empowerment of girls in India, striving to promote positive role models and supporting all levels of female participation and engagement in sport.

Sports has been at the forefront of empowerment of the girl child in India. Besides the physical and mental benefits of sports participation, it also plays a crucial role in questioning gender stereotypes, facilitating wellbeing and improving the accessibility of quality education for girls.

In the lead up to the National Girl Child Day, we celebrated by spreading awareness on the impact that sport has on girls' overall wellbeing as well as by appreciating all the Indian female athletes for showing us the way forward and inspiring girls all over the country to dream big, no matter the obstacles in their path.



Olympism

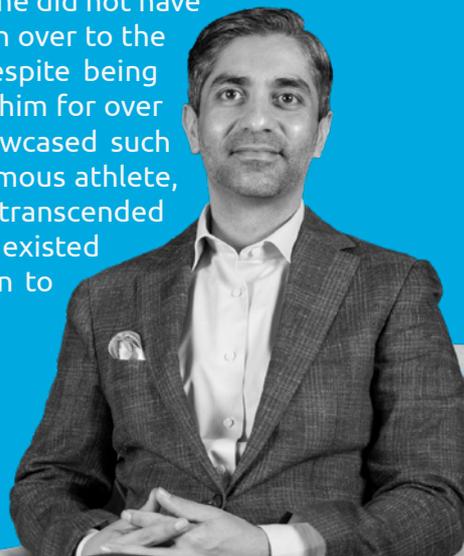
and its Values

Episode 5: Roles and Values | Athletes and Coaches

Two of the most critical stakeholders in ensuring that the Olympic movement continues to flourish are athletes and coaches as they are the ambassadors for everything that sports stand for. In an effort to match synergies on this theme, we hosted the fifth episode of our series on Olympism and its values; a fireside chat with our founder, India's first individual Olympic gold medalist Mr. Abhinav Bindra, and one of India's greatest Badminton players and an even greater coach, Mr. Pullela Gopichand.

"My first Olympic Games in Sydney 2000 taught me that it is more than just a sporting event. It stood for much more. 206 nationalities living together peacefully in an Olympic village in an environment of friendship and respect yet chasing excellence in an intense competition. One anecdote that I want to share is when I, and my shooting teammate Anwar Sultan bumped into Serena Williams at the dining hall and Anwar was desperate to get a picture with her. He requested her to wait for him as he did not have any film in his camera and had to run over to the shops to acquire it. But Serena, despite being such a big star, waited patiently for him for over an hour until he came back. It showcased such humility that although she was a famous athlete, there was a great spirit which transcended everybody and the Olympic spirit existed for real. That was a fantastic lesson to learn at the young age of 17."

- Abhinav A. Bindra



"In my entire journey when I was coaching top players, it was about a single-minded approach to win but what really changed my perspective was when I was training a young kid and she could not catch the shuttle. She came up to me and asked me very innocently "sir please teach me how to catch". That single incident made a huge impact on me and made me question if sport is only for the genetically endowed or is winning the only thing that matters? Thanks to that incident, I appreciate sports much better than what I ever did and I believe the value of sports is much more than just producing medals. I can safely say that the process of becoming champions is the most important, more important than even becoming champions."

- Pullela Gopichand



Olympism and its values
A WEBINAR SERIES

Athletes & Coaches
Role Models | Values

FIRESIDE CHAT WITH
Two of India's greatest sporting
heroes

Pullela Gopichand
&
Abhinav A. Bindra



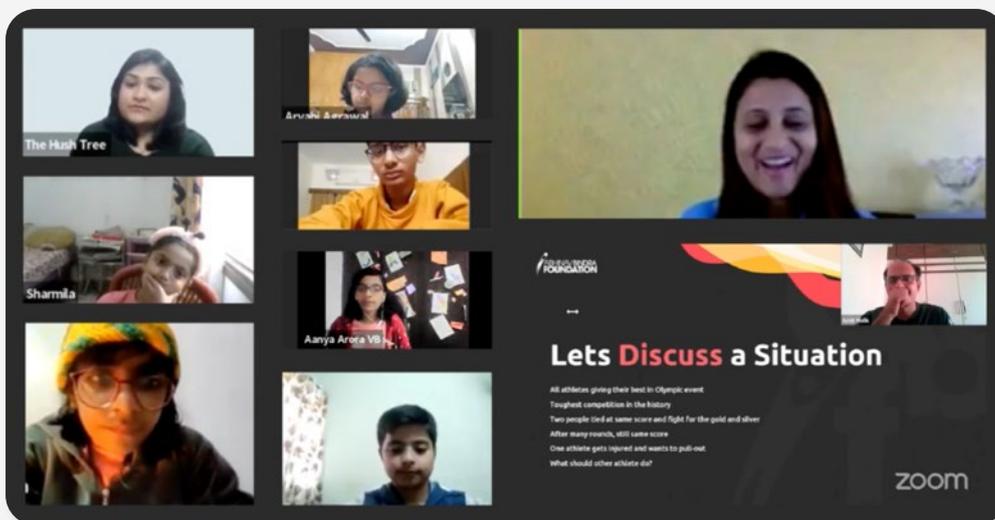
Watch now on  YouTube

ABFT experiential learning activities for school children



in partnership with Hushtree

ABFT, in partnership with Hushtree, conducted a session on sporting values for school children. The session focused on how these values can be implemented in our day to day lives. The children were engaged throughout through physical activities, inspirational stories and examples from lives of champion athletes. To conclude the discourse, 3-time Olympian Anjali Bhagwat interacted with the children, emphasising on the importance of Olympic values, and going on to share her experiences and journey of being an athlete.



Harvard comes calling



India Conference by Students at Harvard

We joined hands with Harvard University as outreach partners for the 19th edition of India Conference at Harvard, in which our founder Mr. Abhinav Bindra was also invited as a panellist for a discussion on "Mission Olympics 2032".

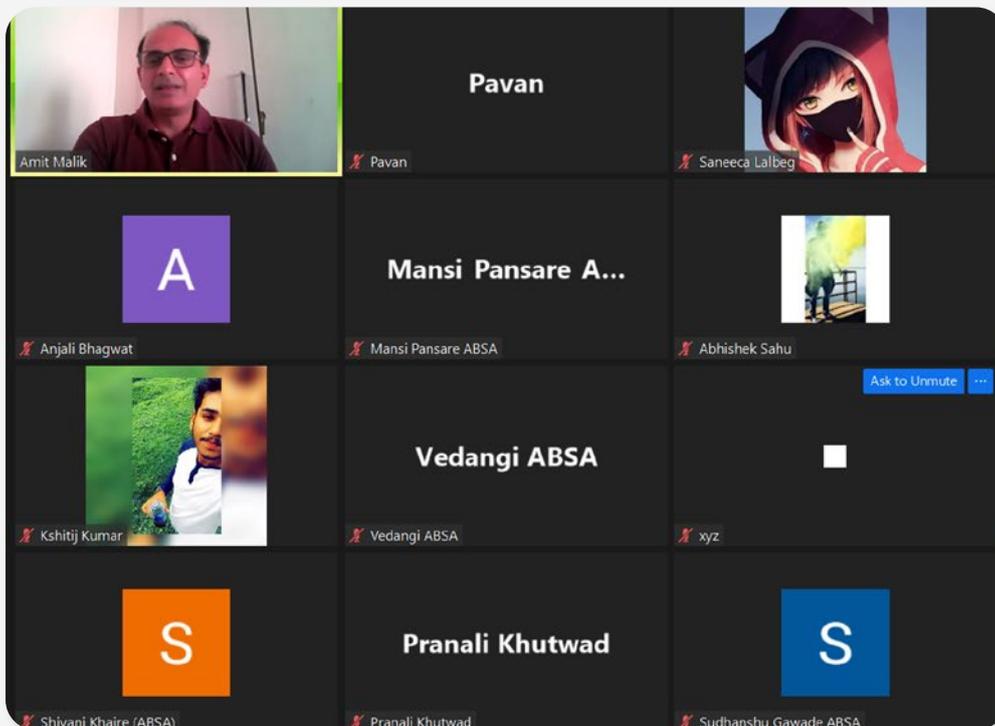


Olympic Values Education Programme Orientation Session -

Experiential value based learning through sport.

We conducted an orientation session on the Olympic Values Education Programme (OVEP), which was open to the Padukone-Draavid Centre for Sports Excellence (PDCSE) ecosystem in Bangalore. More than 50 athletes, along with coaches and parents from Prakash Padukone Badminton Academy (PPBA), Padukone Sport Management (PSM), Dolphin Aquatics and Elite Shooting Academy attended the session.

The session began with us gaining an understanding of how the participants perceived the Olympic Games and its vision for the larger community. The participants were then introduced to the values of Olympism (Friendship, Excellence, and Respect), with some of them going on to share their own experiences through which they were able to relate to the Olympic values. The sessions also shed light on how these values can be implemented in our day-to-day lives, as inspirational stories and examples of Olympians were put forth. It was a very interactive discourse with athletes, coaches and parents sharing their key learnings and takeaways from the subject.





Sport of Life

Ensuring sustainable careers for Indian athletes

“The Sport Of Life” is our latest initiative, which aims at providing surgical treatment & implants required for Indian athletes suffering from career-threatening sporting injuries. The foundation strives to drive awareness around sports injuries and by offering high-quality facilities, arthroscopy implants, free of cost surgeries, treatment options and resources that will help athletes rebuild their career post-surgical intervention.

According to an injury surveillance report released by the National Cricket Academy in 2019-20, a majority of India’s domestic cricketers endured shoulder or knee injuries during the season. Shoulder injuries were the most common, with 14.75% suffering from it, followed by knee injuries, with 13.11% players constituting the list. It also stated that a majority of the career-threatening Anterior Cruciate Ligament (ACL) injuries (74 per cent) occur in the first two years of their “return to sport”.

While India has taken significant steps to evolve sports science to suit the needs of athletes, we need to ensure that injuries do not end up limiting their potential. Through the ‘The Sport of Life’ initiative, we aim to provide available, affordable and accessible rehabilitation for athletes in India by establishing centres of excellence throughout the country and partnering with doctors, surgeons and like-minded organisations, who strive to provide the best healthcare to athletes. Our vision is to provide timely intervention for athletes in the country who might suffer from shoulder and ligament injuries.

The Sleep Mantra for Sustained Athletic Performance

by Dr. Monika Sharma, Founder- Sleep Moksha
(Behavioural Sleep Medicine Specialist)

Sleep disorders and their consequences are a common sight with athletes as they have a demanding routine loaded with training, competitions, travel, and social commitments. These problems are often overlooked and under-diagnosed as sleep is given the least priority in the Indian sports landscape. Many studies have reported that Indians are the second most sleep-deprived people in the world. However, sound sleep for 7-9 hours a day is crucial for all adults. It is more so for elite athletes whose days are filled with workouts, training, and competitions. If they do not get complete sleep it can affect their physical and mental health, which in turn will hamper their overall performance.

Sleep Deprivation and Reaction Time

Studies have shown that sleep deprivation affects a person's ability to perform various psychomotor tasks such as reaction time, accuracy, and alertness during the game. These can lead to poor performance and injury in the athletic field.

Lack of sleep and adverse cognitive functioning

A 2007 study by NCBI showed that there is a direct correlation between sleep deprivation and reduced attention – categorised by cognitive slowing, more lapsing, memory impairment, decreased vigilance, and reduced response capability. These are critical for performing in the field. Another study showed that the serving accuracy reduced by a whopping 53% in tennis players due to sleep deficit. It was also seen that the reaction time for athletes significantly increased with only one night's sleep deprivation. The reason being, reactions are a cognitive function, which gets affected due to lack of sleep.

Decreased Anaerobic Power

Any sport like hockey, boxing, and wrestling requires both optimum attention and anaerobic power, which is essentially, the rate at which maximum energy for power is developed. Both these factors are crucial for better performance. Studies show that lack of sleep affects many of the anaerobic performance parameters like peak power and mean power and choice reaction time. As per a study, male runners and volleyball players got tired much faster after sleep deprivation. The adequate number of hours and good quality sleep is critical for the health, recovery, and optimal performance of elite athletes given their physical and mental demands from competition and training. It is the potential gateway to the making of a powerful athlete, an important fact often overlooked. Athletes in general and Indian players, in particular, ignore this critical aspect of their life. Professional help from sleep doctors is a must in such a scenario.



Dr. Monika Sharma is a sleep expert and an experienced consultant from the University of Pennsylvania, USA; Ex Sir Ganga Ram Hospital, New Delhi, India who has helped many clients with sleep problems over the years.





ABS MARI

ABHINAV BINDRA SPORTS MEDICINE & RESEARCH INSTITUTE

SportsFit Level 1

ABS MARI, in collaboration with Athlete institute New Zealand, introduced Sports Fit - a strength & conditioning certification Level 1 course catering to athletes, physiotherapists, sports coaches, and physiotherapy students.

With over 14 years of experience in training athletes from varied sporting disciplines, Dr. Kaushik Talukdar leads the Sports Fit programme, designed to give a competitive edge to the stakeholders involved in elite sport.

Sports Fit

*Strength and Conditioning Certification
Level 1*

BRIDGING THE GAP BETWEEN
RESEARCH AND PRACTICE



Successful Ageing

It gets difficult to adapt to the constantly changing lifestyles in today's world, especially for our elders. To help them manage orthopaedic ailments and spread awareness on when to seek medical help, we organised a webinar on successful ageing led by Dr. Chinmaya (Principal, ABS MARI).



Our 2nd year Masters of Physiotherapy (Sports) students got a massive opportunity to learn and get hands-on experience at the All India Inter University Inter Zone Volleyball (Men/ Women) Tournament, held from 4th to 7th January at the Kalinga Institute of Industrial Technology, Bhubaneswar.



The team expands...

We joined hands with a mind coach, Ms. Priyanka Row, with the aim of incorporating conversations around athlete mental wellbeing across the sporting ecosystem through a series of interactions and workshops for athletes. With a mission to transform mindsets, to become self-sufficient, and lead their lives without emotional and mental dependence, Ms. Row has served and coached over 5500 clients across 32 cities and 4 countries.

The planned sessions will focus on educating athletes on Self-Awareness and Mental Resilience through coaching blends tools from Ancient Vedic Wisdom, Contemporary Western Sciences of Neuro-Linguistic Programming, Energy Psychology, Energy Medicine, Belief Clearing and Subconscious Mind Programming.



We were also thrilled to welcome Ms. Molina Swarup Asthana as a committee member for the Sport4Her program. Passionate about supporting and creating leadership pathways, Ms. Molina is the founder of the organisation 'Multicultural Women in Sport', which aims to empower migrant women from multicultural backgrounds through sport. She also sits on the boards of AFL South East Commission, Gymnastics Victoria, Table Tennis Victoria and is a Tribunal Member for the Football Federation of Victoria. Additionally, she has also been a Cricket Australia 'Sport for All' Community Ambassador, a Commonwealth Games Ambassador and Jean Hailes Women's Health Ambassador!

Hockey Maharashtra visit

We were delighted to host the Hockey Maharashtra Leadership team and athletes led by Shri Krishna Prakash (IPS Commissioner of Police, Pimpri Chinchwad & Associate Vice President Hockey Maharashtra) and Shri Manoj Bhore (General Secretary, Hockey Maharashtra) at our Pune centre.

During their visit, our team helped them gain an understanding of the STEAM Scholarship programme, high-performance equipment and their importance for long term athlete development programs for Hockey.



State Bank of India Foundation Visit

Our team was glad to host the leadership team of SBI Foundation - Ms. Manjula Kalyanasundaram (Managing Director, SBI Foundation), Mr. Lalit Mohan (President & Chief Operating Officer, SBI Foundation), and Mr. Aman Bhaiya (Assistant Vice President & Program Head, SBI Foundation) during their visit to our centre in Pune.





Condolences

We would like to express our deep sorrow on the demise of one of the most revered business leaders of India, Shri Rahul Bajaj. The outpouring of emotion over social media shows just how much people admired him, not just as one of the nation's top industrialists but also as a human being.

We too were fortunate to have gotten a chance to interact with him when he graced our Pune centre. May his soul rest in peace.





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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