

Sports Authority of India
Press Release

**Headline: India's elite athletes pick up off-field lessons at Athlete Education
Workshop
in NIS Patiala**

Patiala, March 25: Elite athletes training in the National Institute of Sports, Patiala, including weightlifter Mirabai Chanu, Jeremy Lalrinnunga, sprinter Hima Das and heptathlete Swapna Barman, spent a few hours on Thursday, to pick up some important off-field lessons as they attended an Athlete Education Workshop organised by the Sports Authority of India under the aegis of the Target Olympic Podium Scheme (TOPS).

The workshop, the second one organised for athletes, after the first in Delhi which was inaugurated by Sports Minister Rajyavardhan Singh Rathore, touched upon some pertinent non-sporting issues that players have to deal with during the course of their career. Experts from the fields of law, soft skills training, media and anti-doping spoke to athletes in a three-hour session, which was attended by 100 athletes and coaches. Sporting legends Bahadur Singh and Rajinder Singh were also present at the workshop.

The workshop was conducted keeping in mind that many of India's elite athletes are very young and need guidance on how to draw up endorsement contracts with corporate houses, on how to conduct themselves in public forums and how to interact with international media after competitions. A session on anti-doping was included in the workshop to yet again brief these star athletes on the ill-effects of doping on their health and career.

The sessions were conducted by media expert Kamesh Srinivasan, legal expert Shweta Gupta, skills training expert Vipin Sarin and PSM Chandran from NADA.

Speaking about what he liked most about the workshop, Jeremy said, "I enjoyed all the sessions and I learnt a lot about things that I did not even know about. I have picked up a few tips on how to behave in a public forum in the skills workshop and would like to use that." Hima, who already has a few brand endorsements in her kitty added, "The contracts we get are so long, I never read them. But today I learnt which parts of the contract are absolutely essential for an athlete to be aware of. I will check those parts in all my upcoming contracts."

"This is the second workshop of the series, and we are happy with the positive response that we have got from athletes. We will take these workshops to other SAI centers as well," said Ms. Neelam Kapur, DG, SAI.