



# ROAD TO TOKYO



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS & SPORTS  
Government of India



# CONTENTS






## Road to Tokyo

- 04** COMING TOGETHER OF TEAM INDIA
  - 05** TARGET OLYMPIC PODIUM
  - 31** PARALYMPICS
  - 33** NATIONAL CENTRES OF EXCELLENCE
  - 36** KHELO INDIA
- 

## MINISTRY OF YOUTH AFFAIRS AND SPORTS

-  @DepartmentofSportsMYAS
-  @dptofsportsgoi
-  @IndiaSports

## SPORTS AUTHORITY OF INDIA

-  @sportsauthorityofindiaMYAS
-  @media.iccsai
-  @Media\_SAI

# COMING TOGETHER OF TEAM INDIA

- Athlete-first is the Government's credo and India's Olympic campaign
- Teams of officials, both in Government and outside, have strained every sinew in making sure that the Indian athlete stays focussed on the task on hand – that of delivering the best showing in Tokyo
- Ministry of Youth Affairs and Sports (MYAS) back the National Sports Federations with budgets to support their Annual Calendar for Training and Competition (ACTC) for athletes
- MYAS approves ACTC budget towards National Coaching Camps (Senior and Junior), Overseas Training Camps (Senior and Junior), Remuneration for coaches and support staff, domestic competition (Senior and Junior), equipment and consumables, coach, referee and technical official development as well as administrative support

**More than 99 percent athletes have got the first dose and more than 60 percent athletes have got the second dose of Covid-19 vaccine**

- MYAS extends support to individual athletes with their training and competition under the Target Olympic Podium scheme when that is not provided for in ACTC
- As many as 160 athletes are part of the Core group and a further 259 are in the Development Group, preparing for the 2024 and 2028 Olympic Games
- Government ensured National Camps resumed in a safe and secure manner in the National Centres of Excellence after the lockdowns in the wake of Covid-19 across the country
- Working with NSFs and the Indian Olympic Association, Government ensured that the contracts of 43 overseas coaches and support staff were extended
- Vaccination programme for India's Olympic Games-bound athletes and officials, including overseas staff, was carried out seamlessly both in India and overseas





# TARGET OLYMPIC PODIUM

## SOME OF THE SPECIALISED SUPPORT

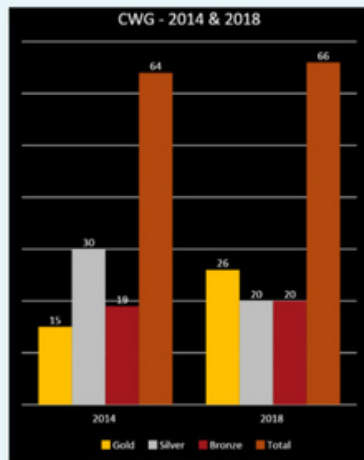
- Professional set-up which is athlete centric and involves potential based selection, data analysis & research, athlete planning & athlete relationship management
- Personalised coaching support from best global coaches
- International training sessions
- Extraordinary Visa facilitation support for the athletes
- Each reasonable request made by an athlete was met with a positive and quick response
- Top-of-line research support to track opponent performances
- Dedicated athlete relationship manager as a bridge between SAI and the Athlete
- Personalised Sports equipment support
- Foreign Exposure – Approximately 320+ Foreign exposures in Olympic disciplines in the last 3 years

Currently the TOPS core scheme has 124 individual athletes plus the men's and women's hockey teams (18 players each)

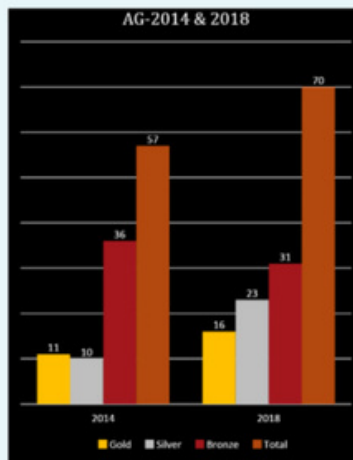
The government has supported many of our major athletes through not just out of pocket allowance but also key interventions such as helping procuring international visas at the time of Covid-19 and procuring equipment through the lockdown



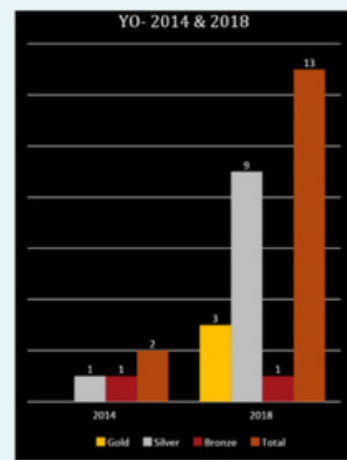
# INDIA'S RISE IN SPORTS



Highest ever position in the medals tally (in foreign soil)



Highest Ever Tally at Asian Games



YOUTH OLYMPIC GAMES

Highest Ever Tally at Youth Olympic Games



## 2021 Cadet World Championship - Boxing (Women)

### 7 Gold medals

Best ever performance

## 2021 ISSF World Cup - Shooting

### 32 medals

India was No. 1 in the medals tally

## Tokyo 2020 (21) - Boxing

### 9 Quota

Highest ever achieved by India

## Tokyo 2020 (21) - Shooting

### 15 Quota

Highest ever achieved by India



## Commonwealth Games 2018

### 66 medals

Best performance at overseas Commonwealth Games

## Asian Games 2018

### 70 medals

Highest ever tally at Asian Games

## Asian Para Games 2018

### 72 medals

Highest ever tally at Asian Para Games

## Youth Olympic Games 2018

### 13 medals

Highest ever tally at Youth Olympic Games

# TRAINING & COMPETITION

## SHOOTING

- A team of 15 qualified shooters are currently training in Zagreb, Croatia till the Olympics
- Additional competition exposure in European Championship & ISSF World Cup



## WEIGHTLIFTING

- Comprehensive training for 01 qualified weightlifter in St. Louis, USA is under progress under the guidance of world renowned trainer Dr. Horschig till Olympics
- The athlete recently broke the world record in her event under the guidance of Dr. Horschig



## WRESTLING

- 08 wrestlers(04 Men +04 Women) have qualified for Tokyo
- One woman wrestler is currently training in Budapest, Hungary. Other wrestlers will attend training camps in Hungary, Poland & Turkey



## BOXING

- 09 Boxers(05 Men +04 women) have qualified for Olympics
- Boxers are training at SAI Patiala and Army Sports Institute Pune.
- In the recently held Asian Championship in Dubai, India won a total 15 medals (02 Gold+05 Silver+ 08 Bronze)





**HOCKEY**

- Both Men & Women Hockey Teams have qualified for the Olympics; Training in SAI, Bengaluru

**ATHLETICS**

- 14 Athletes have qualified for Olympics ; training in NSNIS Patiala and NSSC Bengaluru
- 01 Javelin thrower will be attending training in France & Sweden and then further competitions in Europe

**ARCHERY**

- 04 Archers (03 Men +01 women) have qualified for the Olympics; Training at Army Sports Institute, Pune
- Will participate in Olympic qualifiers and competition in France

**BADMINTON**

- 04 athletes have qualified for Tokyo Olympics; Training in Hyderabad

**TABLE TENNIS**

- 04 table tennis players have qualified (2M + 2W) for Tokyo; Training in their academies
- 01 player will travel to Denmark for an international training camp

**PARA SPORTS**

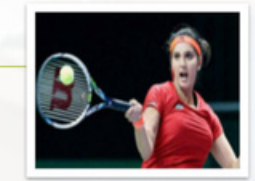
- 26 quotas have been achieved till date
- Para-athletes are training in SAI Bengaluru, Sonapat, Gandhinagar

**SAILING**

- 04 qualified sailors are attending training in Malta, Spain & Portugal

**TENNIS**

- 04 Tennis probable are currently playing the international circuit in Europe

**JUDO**

- 02 Judokas have been approved to participate in the World Championships in Budapest, Hungary
- Post World Championship, the Judokas will train in France up to Olympics



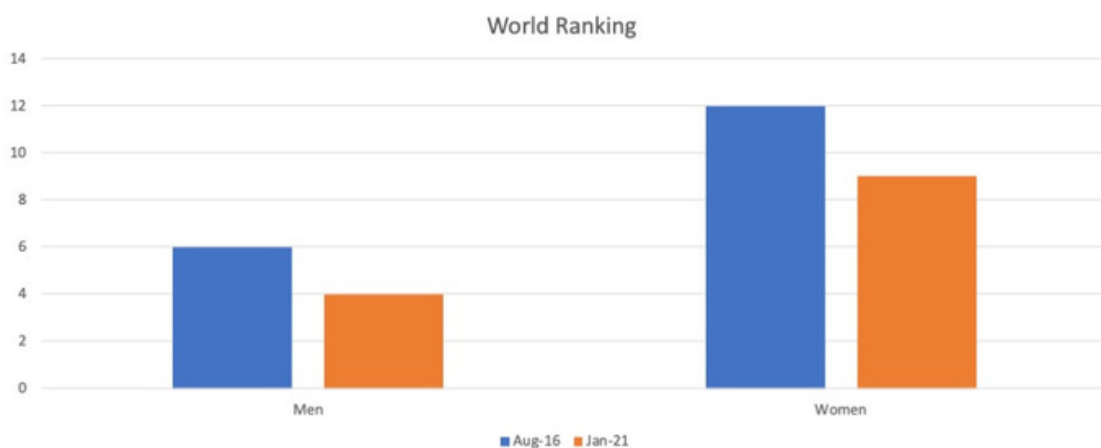




## INDIAN HOCKEY TEAM

The sport of Hockey will always remain dear to the hearts of all Indian fans of Olympic sport. In keeping with that Government has backed the men and women's teams in their endeavour to bring glory to the country. And it is heart-warming that the men's team is now ranked fourth and the women's team ninth in the world

### Indian Hockey: Improving since Rio2016





## INDIAN HOCKEY TEAM

- Working closely with Hockey India, Government has funded the salaries of seven overseas coaching and support staff for the two teams
- It has also funded the teams' competitive exposure trips in the present Olympic cycle



(Dining hall at NCOE, Bengaluru)



# PV Sindhu

*Badminton*

## #7 WORLD RANK

### Key Government Interventions:

- Funding towards 69 International Competitions in the current Olympic Cycle
- Provision of individual Foreign Coach Park Tae Sang upto Olympics
- Special training at Gachibowli Stadium in collaboration with Telangana state
- Hiring of Physiotherapist and Fitness Trainer under TOPS for International Competition and foreign training
- Logistical support for International competition during COVID-19 for her and her personal staff





# *MC Mary Kom*

*Boxing*

## #3 WORLD RANK

### Key Government Interventions:

- Facilitated Preparatory Training Camp at JLN Stadium and IG Stadium with personal coach Chhotelal Yadav
- Special training sessions along with her team at IG stadium during COVID-19 lockdown to facilitate her to take care of her children and train at the same time
- Procurement of Consumable Equipment (Interlocking Gym Mats)
- Inclusion of personal sparring partner in national camp at ASI Pune
- Sanctioned competition in Spain (April) & Dubai ( Asian Championships)



# Mirabai Chanu

*Weightlifting*

## #4 WORLD RANK

### Key Government Interventions:

- International training camp in USA for injury rehabilitation with Dr Horschig at St. Louis USA resulted in World record in Clean & Jerk during the Asian Championship
- Pre-Olympics training camp in USA with her team under TOPS, which was cleared within 06 hours to beat the impending travel ban
- Injury Rehabilitation in 2018 with expert Physios in India viz. Heath Mathew and Srikanth Iyengar
- Weightlifting platform in hometown for training in non-camp days





# ***Bajrang Punia***

*Wrestling*

## #2 WORLD RANK

### **Key Government Interventions:**

- Facilitated training camp in Russia through MYAS and MEA for international players as sparring partners
- Preparatory training camp in USA, Russia and Georgia and prior to Senior World Championships 2019 (qualification event)
- Preparatory training camp in Russia for Olympic Games
- Inclusion of his personal coach and support staff during the national camps
- Provided mat and equipment during Covid-19 lockdown

# Vinesh Phogat

*Wrestling*

## #1 WORLD RANK

### Key Government Interventions:

- Facilitation for Vaccination and passport renewal through Indian Embassy in Hungary
- Facilitated 3 week high altitude training camp in Bulgaria in 2019 and 2021
- Funding & logistical support being given for her personal coach and support staff for multiple foreign training camps







# Neeraj Chopra

## *Athletics*

**#8\*** WORLD RANK  
\*Road to Tokyo 2020

### Key Government Interventions:

- Provided him foreign coach Dr. Klaus Bartonietz for his coaching and training, previously he was also coached by world record holder Uwe Hohn
- Customised recovery equipment & sports gear were provided to him
- Helped in getting visas for France and Portugal for training and competition
- KTG Machine (strength training machine especially for Javelin throwers)
- Special training in South Africa for him and his support team, wherein, he achieved the Olympic qualification.
- Injury rehabilitation along with the NGO supporting the athlete



#Cheer4India

# Chirag Shetty

*Badminton*

## #10 WORLD RANK

### Key Government Interventions:

- Helped getting visa for international competitions and camps
- Hiring of special Men's Doubles Coach, Ex-World No. 1 Mathias Boe, under TOPS
- Hiring of Sport Psychologist (in the process) under TOPS
- Logistical support for International competition during Covid-19
- Vaccination recommendation letters provided for Athlete and Coach

#OlympicsKiAasha



# Satwiksairaj Rankireddy

*Badminton*

## #10 WORLD RANK

### Key Government Interventions:

- Hiring of Sport Psychologist under TOPS
- Vaccination recommendation letters provided for Athlete and Coach
- Logistical support for International competition during Covid-19
- Helped getting visa for international competitions and camps
- Hiring of special Men's Doubles Coach, Ex-World No. 1 Mathias Boe, under TOPS



## INDIAN ARCHERY TEAM

- Pre-Olympic Games Training Camp planning with the host city in Japan, Kurobe City. Meetings were conducted with the LOC at Kurobe City over Zoom platform to discuss athlete training schedule, boarding and lodging, food menu etc
- Due to India being in the red zone, SAI facilitated visa appointments for Indian Archers through MYAS and MEA for their participation in World Cup Stage I conducted in Guatemala City from 19 to 25 April 2021
- Support towards seeking visa approval for participation of Indian Archers in World Cup Stage III and Final Team Qualification Tournament (FTQT) conducted in Paris, France from 21 to 27 June 2021 and 27 to 29 June 2021, respectively
- Prepared the entire roadmap to Tokyo for the entire team and designed the selection criteria/methodology for selection of Olympic Team, which included, training, competition planning, periodic testing for both performance and sports science
- Organised Acclimatization Camp before World Championship, which enable Indian Mens' Recurve team to win a silver medal and qualify for the Olympics

# ***Manu Bhaker***

*Shooting*

## **# 2 WORLD RANK**

### **Key Government Interventions:**

- Funding for Sport Psychologist & Yoga Trainer
- Postponement of CBSE 12th board examination for shooter to enable competition participation
- Training-cum-competition tour in Croatia till her departure for the Olympic Games towards her final preparation for the upcoming Tokyo Olympic Games
- Provided Pistol, Shooting Equipment & Accessories and Air Pellets and Ammunition





# ***Saurabh Chaudhary***

## *Shooting*

# **#2 WORLD RANK**

### **Key Government Interventions:**

- Provisioning and fitment of air-conditioning in Home range
- International competition in Germany and shooting World Cups from where the shooter eventually achieved Olympic quota
- Training-cum-competition tour in Croatia till his departure for the Olympic Games towards his final preparation for the upcoming Tokyo Olympic Games
- Financial Assistance towards Training Camps and Participation in ISSF World Cups, Asian Championships and different International & National Competitions







# Vikas Krishan

*Boxing*

**Unranked**

## Key Government Interventions:

- Sanctioned preparatory training camp (under TOPS) in Virginia, USA along with Personal coach Mr. Ron Simms Jr from 15th Sept – 27th Nov 2020
- Sanctioned expenditure for procuring consumable equipment after returning from US
- Provided training equipment support during the nationwide lockdown in year 2020 (April-July)

# ***Amit Panghal***

*Boxing*

## **#1 WORLD RANK**

### **Key Government Interventions:**

- Inclusion of Personal coach / Mentor Anil Dhankar in National Coaching camp for preparation and training till Olympics
- Provided training equipment support during the nationwide lockdown in year 2020 (April – July)





# ***Apurvi Chandela***

*Shooting*

**#11 WORLD RANK**

## **Key Government Interventions:**

- Provisioning of Ammunition and Air Pellets for training at home range during the COVID-19 pandemic
- Inclusion of personal coach as part of the Pre-Olympics training camp at Croatia
- Financial Assistance towards Training Camps and Participation in ISSF World Cups, Asian Championships and different International & National Competitions
- Two and a half months training-cum-competition tour in Croatia from 11th May till her departure for the Olympic Games towards her final preparation for the upcoming Tokyo Olympic Games



# ***Elavenil Valarivan***

*Shooting*

## **#1 WORLD RANK**

### **Key Government Interventions:**

- Arranged multiple international camps including Austria and Brazil
- Training-cum-competition tour in Croatia till her departure for the Olympic Games towards her final preparation for the upcoming Tokyo Olympic Games



# ***Yashaswini Deswal***

*Shooting*

## **#1 WORLD RANK**

### **Key Government Interventions:**

- Training-cum-competition tour in Croatia till her departure for the Olympic Games towards her final preparation for the upcoming Tokyo Olympic Games
- International training exposure and competitions including Asian Championships and Shooting World Cups from where the shooter eventually achieved Olympic quota

# ***Divyansh Singh Panwar***

*Shooting*

## **# 2 WORLD RANK**

### **Key Government Interventions:**

- Postponement of CBSE 12th board examination for the shooter to enable competition participation
- Training-cum-competition tour in Croatia till his departure for the Olympic Games towards his final preparation for the upcoming Tokyo Olympic Games







# ***Abhishek Verma***

*Shooting*

**#1 WORLD RANK**

## **Key Government Interventions:**

- Provisioning of Ammunition and Air Pellets for training at home range during the Covid-19 lockdown since the last 2 years
- He was supported towards Training camps, participation in ISSF world cup, Asian championships
- Training-cum-competition tour in Croatia till his departure for the Olympic Games towards his final preparation for the upcoming Tokyo Olympic Games

#Cheer4India

#OlympicsKiAasha

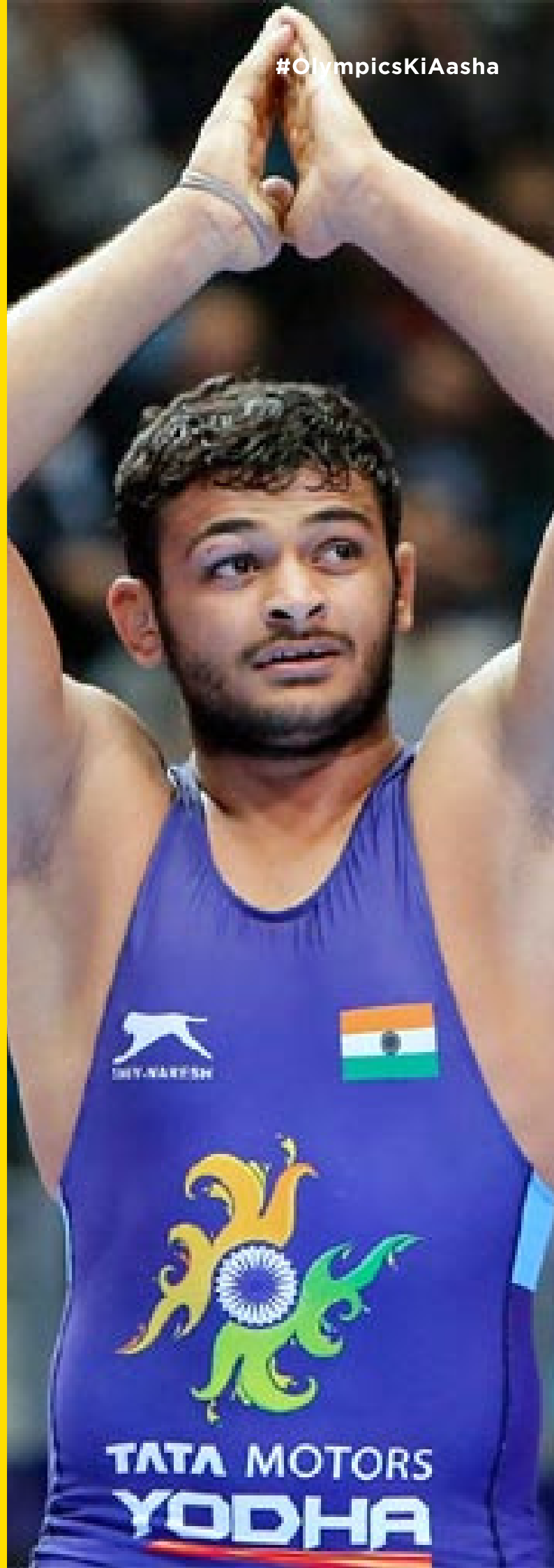
# **Deepak Punia**

*Wrestling*

## **#8 WORLD RANK**

### **Key Government Interventions:**

- Boarding and lodging of support staff in NCC (National Coaching Camps)
- Visa support for participation in Poland Open 2020
- Inclusion of personal coach and support staff during the national camps





***Ravi Kumar***

*Wrestling*

**#3 WORLD RANK**

### **Key Government Interventions:**

- Training camp in Russia along with personal support staff for preparation of Olympics
- Visa support for training camp in Poland
- Inclusion of personal coach and support staff during the national camps



# ***Manish Kaushik***

*Boxing*

**#6 WORLD RANK**

## **Key Government Interventions:**

- Preparatory International training camp in Jan 2020 at IIS Bellary before Olympic qualifiers
- Rehabilitation camp along with an NGO supporting the athlete post-surgery and post Covid-19 complications



## ROAD TO PARALYMPICS



### LONDON 2012

10 Athletes

4 Sports

Medals: 01

- 01 Silver



### RIO 2016

19 Athletes

5 Sports

Medals: 04

- 02 Gold
- 01 Silver
- 01 Bronze

### TOKYO 2020

24<sup>th</sup> Aug -05<sup>th</sup> Sep  
2021

42 Athletes

9 Sports



## FINANCIAL SUPPORT

Around Rs. 26 crores have been spent for the para sports in the current Olympic cycle. A total of Rs. 6.1 crores has been spent under TOPS on the current core athletes in form of support towards foreign exposure, equipment, sports science services, coaching and out of pocket allowance



A total of Rs. 19.83 crores have been spent under ACTC towards participation in competitions, foreign & domestic training camps, hiring of coaches & experts and procurement of equipment



# BEYOND TOKYO2020

## NATIONAL CENTRES OF EXCELLENCE

These have been upgraded, including complete sports science facilities, to help athletes prepare for 2024 and 2028 Olympics

### PATIALA



*(Gymnasium, Physiotherapy Centre and Dining Hall of NCOE Patiala)*

- *SAI has established 23 National Centers of Excellence across the country for focused sports-specific training of elite athletes*
- *384 Sports Science experts monitor and facilitate the training of athletes, including 97 physiotherapists*
- *Sports science equipments worth Rs. 80 crores has been sanctioned to procure*

## BENGALURU



*(Dining Hall of NCOE Bengaluru)*

## LUCKNOW



*(Gymnasium facilities, wrestling ground and sports rehabilitation centre at NCOE Lucknow)*

- *To ensure diet as per requirement of every athlete, top-of-the-line chefs from the hospitality industry have been hired at all NCOEs. Nutritionists offer personalized diet charts to all elite athletes, as per their sport*
- *Hostel capacity increased from 4000 beds to 8000 beds*
- *200 ex-international athletes being hired as coaches to strengthen the sports ecosystem*
- *Coaches who are part of the system are being imparted High Performance Coach Education Programme to ensure they are at par with leading coaches of the world. 30 select coaches to be trained by a pool of 250 experts in every batch*



## SONEPAT



(Facilities in SAI NRC Sonapat)



# KHELO INDIA

## KHELO INDIA

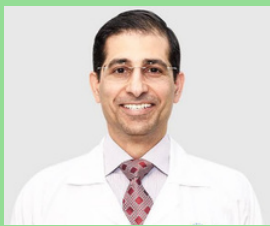
The Khelo India scheme with 12 verticals aims at strengthening the entire sports ecosystem to promote the twin national objectives of mass participation and excellence in Sports

- The Annual Sports competitions organized under the aegis of Khelo India offer a platform for Talent identification and create aspirational value for Athletes. So far 4 such events have been organized
- 3000 Khelo India Athletes have been identified and are provided 10,000 per month OPA
- 235 Academies have been accredited for Talent Development and are provided support @ Rs 5 lakh per annum per athlete for various components such as coaching, equipment, kitting etc.
- In an endeavour to upgrade one existing centre in each state to world class level , 24 KISCE (Khelo India Centres of Excellence) have been established in 23 states/UTs
- To develop talents at grassroots level, 1000 KIC (Khelo India Centres) to be set up with at least one in each district with a provision to engage ex-champions where an amount of upto Rs 3 lacs is earmarked for such coaches annually, this is basically a livelihood opportunity for them as well





Dr. SKS Marya



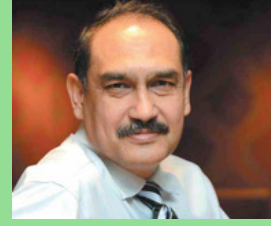
Dr. Dinshaw Pardiwala



Dr. Anant Joshi



Dr. VK Srinivas



Dr. Harsh Mahajan

## CENTRAL ATHLETE INJURY MANAGEMENT SYSTEM

- A long-pending need in the Indian sports landscape, the Central Athlete Injury Management System will enable standardised, quick, appropriate and monitored response to an athlete facing an injury
- It will help athletes and coaches at all levels even with injury prevention methods while it brings together an array of experts at the regional and national levels to help an athlete secure treatment and manage rehabilitation

## RAISING COACHING STANDARDS

- To strengthen the coaching ecosystem in India, Sports Authority of India has launched a High-Performance Coach Education Programme at the National Centre for Sports Coaching (NCSC), under the aegis of NSNIS Patiala
- Many former international-level players will become qualified coaches and will allow India to have a majority of home-bred coaches and a few foreign coaches as the right mix at the highest level

## INSURANCE COVER FOR ATHLETES

The Sports Authority of India will extend medical and accident insurance cover to more than 13,000 athletes, coaches and support staff from this year. This is in keeping with the Ministry of Youth Affairs and Sports decision to ensure the safety and well-being of all athletes and support staff in the wake of the Covid-19 pandemic in India

## PENSION FOR FORMER INTERNATIONALS

Hundreds of former internationals draw monthly pension from the Ministry



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS & SPORTS  
Government of India



**#Cheer4India**