

INDIAN OLYMPIC ASSOCIATION

QUARTERLY NEWSLETTER | APRIL MAY JUNE 2020



Dear IOA Members and Colleagues,

Our world continues to weather the impact Covid-19 pandemic today. But sporting activities have started to resume in some parts of the world and I am hopeful that India shall soon join them in the complete resumption of sport once the health situation improves and with the approval of all relevant government authorities.

It is also heartening to see how many elite athletes and sports community in India have taken ingenious and innovative approach to keep fit and practice sport in the constraints of their home and environment.

June 23rd is celebrated as the Olympic Day the world over to commemorate the founding of the International Olympic Committee in 1894 and this year's theme was #StayStrong, #StayActive and #StayHealthy. IOA and its member units celebrated this day through digital platforms.

In our own individual ways, we can celebrate the occasion and help India embark on a journey from a sports-watching nation to a more active sports-participating nation. It could be some form of physical activity or be by way of encouragement to Olympic sport.

I urge India's Olympic medalists and Olympians to lead the celebrations. The Olympic community can inspire every citizen to play any sport of their choice. The National Sports Federations and State Olympic Associations must not lag in encouraging athletes and support staff to participate in Olympic Day Activity. IOA would love to see all the NGOs supporting the sports ecosystem, members of the sports media, fans, sponsors and all other benefactors of Olympic sport to take part in the celebrations tomorrow.

We can remind ourselves of the Olympic motto Citius - Altius - Fortius (meaning Faster - Higher - Stronger) to be in the pursuit of excellence. The values of Olympism -





From the President's Desk

excellence, friendship and respect – are the foundation on which the Olympic Movement builds its activities to promote sport, culture and education with a view to building a better world.

Let's make #OlympicDay throb with life in India, despite the circumstances caused by the Pandemic. We can promote healthy and active lifestyles in countless ways, even with social-distancing restrictions that are in place. We can return to celebrating the philosophy of sport with renewed vigour and determination. Yes, we can and must use the opportunity to enhance the awareness and importance of Olympic sport in our country.

My best wishes for you and your families continued good health. Stay Strong, Stay Safe!

Jai Hind!

Dr Narinder Dhruv Batra
President



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Tokyo 2020 Olympic Games

Due to the impact of the COVID-19 pandemic, leading to the postponement of Olympic Games Tokyo 2020, the International Olympic Committee (IOC) Qualification Task Force approved a series of amendments to the Tokyo 2020 Qualification System Principles.

The key points of the Revised Tokyo 2020 Qualification System Principles, replacing the previous version approved by the IOC Executive Board in July 2017, are:

- The new qualification period deadline is 29 June 2021, and International Federations (IFs) can define their own qualification period deadlines should these be prior to this date.
- The revised final sport entries deadline has now been set at 5 July 2021.
- Athletes and National Olympic Committees (NOCs) that have already obtained an Olympic qualification quota place will retain it. In all, 57 percent of the total athlete quota places have been allocated so far, with approximately 5,000 athlete quota places still to be assigned.
- In line with the principle that athletes who have qualified for the Olympic Games Tokyo 2020 remain qualified, it is possible for IFs to extend the age eligibility criteria, if such exist, and allow athletes who are eligible in 2020 to remain eligible to compete at the Olympic Games Tokyo 2020 from 23 July to 8 August 2021. The only exception will be if the IF establishes that the one-year relaxation of the upper age limit represents a safety and/or medical risk for athletes.



•Regarding the eligibility criteria for the lower age limit, if there is one, the IOC recognises the full authority of IFs to assess the eligibility of those athletes who are not eligible in July 2020 but will meet the lower age limit in 2021.

Athlete health is the guiding principle in the scheduling of any remaining Olympic qualification events. With the postponement of the Olympic Games Tokyo 2020 until 2021, the IOC has urged that any such events be confirmed only once the COVID-19 impacts can be assessed, allowing fair access and appropriate preparation for all competing athletes and teams. Through this period, the IOC is also maximising information and support for athletes through the athlete-focused [Athlete 365](#) platform.

[The full Tokyo 2020 Qualification System Principles with the latest amendments can be found here.](#)

Framework for preparation of the Tokyo 2020 Olympic Games

The Tokyo Organising Committee of the Olympic and Paralympic Games Tokyo 2020 and the International Olympic Committee met on 16 April 2020 for an Executive Project Review via teleconference.

IOC Coordination Commission Chair John Coates and Olympic Games Executive Director Christophe Dubi joined Tokyo 2020 President Mori Yoshiro and CEO Muto Toshio for the meeting. During the productive discussion, IOC and Tokyo 2020 agreed on a framework

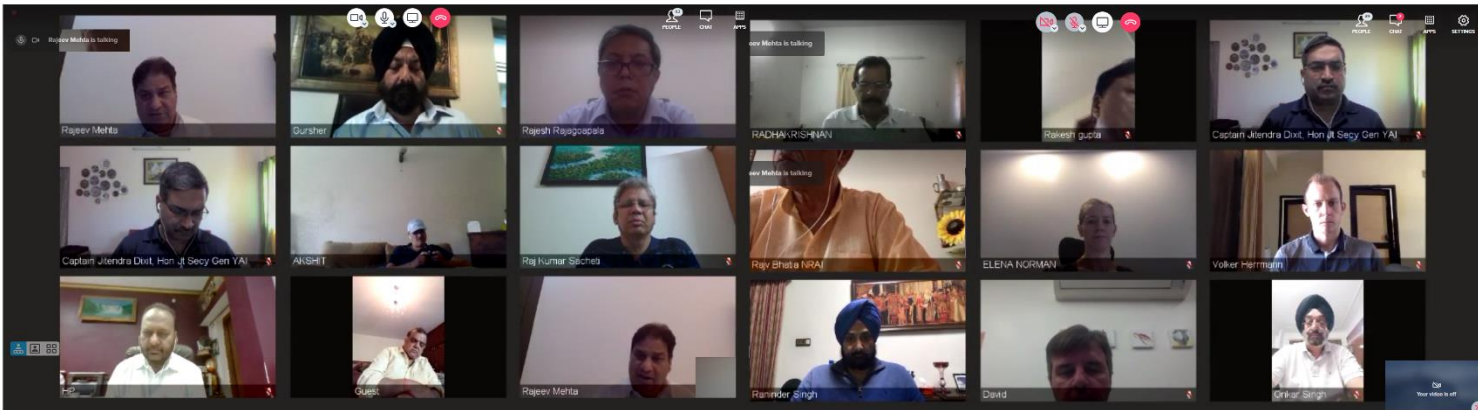


which is focused on governing and facilitating preparations for the postponed games. The two groups focused the discussions on using the venues that were part of the original plan for 2020 Games and sticking to the same competition schedule. The two groups also agreed to work hard to reduce the additional costs caused by the delay.

The IOC and organising committee also established that the process to deliver the Games in 2021 will be overseen by a Joint Steering Committee, led by the IOC Coordination Commission Chair John Coates and Tokyo 2020 President Mori Yoshiro. The Committee will include Tokyo 2020 CEO Muto Toshiro and IOC Olympic Games Executive Director Christophe Dubi and will meet whenever necessary to ensure permanent cooperation and efficient decision making. To support the Joint Steering Committee, IOC and Tokyo 2020 will have formed two task forces: "Here We Go" and "New Launch," respectively, to handle the task of carrying out framework of the unprecedented postponement.

Preparations for Tokyo 2020 Olympic Games

To discuss the postponement of the Tokyo 2020 Olympic Games and to assess the way forward, a Preparation Committee meeting was convened by IOA Secretary General Mr Rajeev Mehta on 22 April 2020 via teleconference. Chairman of the IOA Preparation Committee for Tokyo 2020 Olympic Games Dr Lalit Bhanot led the meeting in the presence of President Dr Narinder Dhruv Batra, Secretary General Mr Rajeev Mehta, Team India CDM Mr B. P. Baishya, representatives of National Sports Federations, IOA Medical Commission and Sports Authority of India.



Athlete Preparations for Tokyo 2020 Olympic Games



The unprecedented COVID-19 pandemic which led to the postponement of the Olympic Games also hit hard the preparations of the qualified athletes as well as the athletes preparing for qualification, as the country witnessed imposition of a nation-wide lockdown, beginning 24 March 2020.

Facing the reality of the lockdown period ahead of them, Indian athletes actively pursued staying healthy and mentally fit from within the confines of four walls, indulging in self-improvement activities, like taking up hobbies and endeavours they couldn't previously find time for etc., innovating their own fitness routines, while some reconnected with loved ones at home.

Having already qualified for Tokyo 2020 Olympic Games, boxer Amit Pangal made sure he remained in shape and trained regularly. Other than him, boxers Lovlina Borgohain, Simranjit Kaur, Pooja Rani, Mary Kom, Manish Kaushik, Satish Kumar, Ashish Kumar and Vikas Krishan Yadav also maintained their training routines from within homes to keep themselves fit.

Striving to qualify for Tokyo 2020, Indian Long Jump National Record holder Murali Sreeshankar started working on his strength and mobility during the self isolation period, from within the limits of his house in Kerala. Sailors Nethra Kumanan and Harshita Tomar focused on physical and mental fitness during the lockdown period, after COVID-19 outbreak stalled all international sporting events, including the Asian Sailing Olympic qualifiers, scheduled to begin on 15 March 2020 in Abu Dhabi.

With lockdown restrictions making the waters off-limit for them, disallowing any sailing practice, the athletes were nevertheless ensuring that they stayed in top condition, ready to get back in the water, as sports resumed. Athletes like Table Tennis sensation and Tokyo 2020 hopeful Sathiyam Gnanasekaran, Fencer C. A. Bhavani Devi, Wrestler Bajrang Punia, Shooters Sanjeev Rajput, Manu Bhaker etc. continued to work on their fitness as well as games preparedness from their homes, indulging in innovative training techniques through online competitions, practicing with robots and dummies and even by trying new sports.

Meanwhile, athletes like Javelin-thrower Neeraj Chopra, Weightlifter Mirabai Chanu and the Men's and Women's Hockey teams who were stationed at various SAI training centres across the country when the lockdown was imposed, continued to stay within the confines of the facilities, working on maintaining their fitness and health.



Even as many athletes focused completely on their fitness, some others were actively pursuing self-improvement, even beyond sports during the lockdown period.

Indian boxer Simranjit Kaur, who recently earned her berth for Tokyo 2020 in the Women's Lightweight category, decided to take up sketching during the lockdown. Boxing legend and six-time World Champion Mary Kom, who will be making her third Olympic appearance at Tokyo 2020 enjoyed tasks like sweeping the house and other the home chores, as well as working out to the fullest, with her family.

Shooter Anjum Moudgil's attempts at livening up the lockdown has no doubt been the most energetic of the lot so far, as the Indian shooter was happily skipping jumps while also spending a lot of her time painting.

After being kept away from the field of play for almost two months, elite athletes in India returned to their training bases following the relaxation in lockdown norms issued by the Government of India.

Sprinter Dutee Chand was back on track at the Kalinga Stadium in Bhubaneswar where a prolonged absence from her training routine had its impact on her performance, but she was glad that she could start training again. Tennis Doubles ace, Rohan Bopanna too hit the courts in Bengaluru for some training and coaching.

Paddler Sathiyam Gnanasekaran remained optimistic with the current situation as he embraced on having one extra year to prepare himself for Tokyo 2020 and was hopeful to be in even better form in 2021. Ace sprinter Hima Das resumed her outdoor training after a halt of more than two months at the National Institute of Sport, Patiala in the last week of May. Coming in from an injury, Das had shifted her focus on 200m event ahead of the Tokyo 2020 Olympic Games, but now with another year in hand, she was hopeful of a realistic chance of giving her favourite event, 400m a shot.

At NIS Patiala, top athletes like Neeraj Chopra, Tajinder Pal Singh Toor and others came out in small groups, while practicing numerous safety measures like social distancing, abstaining from spitting on the ground, using foot-pedal sanitizers etc. among the other things as they got back to their training ways. Having kept himself busy at the gym inside the facility during the lockdown period, a chance to get back on the field was satisfying for India's Javelin hopeful Neeraj Chopra, who qualified for the Tokyo 2020 Olympic Games in January this year.

Feedback is being sought on the right time and strategy to resume training and competitions; what precautions might be necessary when resuming sport; views on spectators attending events; and how local level sporting activity can resume.





Birmingham 2022 Commonwealth Games makes 24-hour move

The Commonwealth Games Federation (CGF) changed the dates of the Birmingham 2022 Commonwealth Games by 24 hours. The CGF Executive Board announced the change in dates after it approved a 24-hour change in the start date for Birmingham 2022 which will now begin on 28 July, running through till 8 August 2022.

The joint announcement from the CGF and Birmingham 2022 Organising Committee came after the significant impact to the international sporting calendar caused by the COVID-19 pandemic.

The slight adjustment to the schedule was the result of multiple collaborative discussions between the leaders of some of the world's major sporting events. It ensured that Birmingham 2022 will now boast two full weekends of Commonwealth Sport whilst extending the rest and recovery period for those athletes competing in the World Athletics Championships.

The alteration to the opening ceremony date also avoids a potential clash with the semi-finals of the rescheduled UEFA Women's Football Championships, helping to protect and promote the profile of Women's sport.

7th Commonwealth Youth Games rescheduled

Owing to clash of dates with the rescheduled Tokyo 2020 Olympic Games, the Commonwealth Games Federation (CGF) Executive Board decided to reschedule the 2021 Commonwealth Youth Games.

The 7th Commonwealth Youth Games were scheduled to take place in Trinidad and Tobago from 1 to 7 August 2021. With the rescheduled Tokyo 2020 Olympic Games, now being held from 23 July to 8 August in 2021, the CGF after positive discussions, agreed to consider the best alternative options and timeframes for staging the event in the future, potentially in 2023.

The CGF gave the Trinidad and Tobago Commonwealth Games Association (TTCGA) consideration as the first option to host.



Olympic Day 2020

The Indian Olympic Association along with member National Sports Federations and State Olympic Associations joined millions from around the world to celebrate the joy of sports on the occasion of Olympic Day on 23 June 2020.

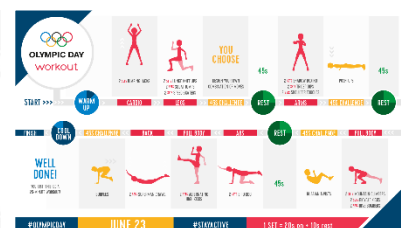
With this year's celebrations being held under unprecedented circumstances, the Olympic family celebrated Olympic Day 2020 digitally, showcasing Olympic values among children, young athletes, coaches and sports enthusiasts, by organizing various activities following the suggestions of the International Olympic Committee while also respecting the social distancing and safety guidelines.

Supporting a special initiative by Olympic Channel to encourage people to get active, Team India Rio 2016 Silver medallist in Badminton and ace Wrestler Vinesh Phogat joined Olympians, world figures, fans and sports lovers from around the world, across 20 time zones on Olympic Day 2020 to engage in a 24-hour live workout activity. The campaign aimed at encouraging sports enthusiasts to join their favourite Olympians in their workout routines and be inspired to get moving and active.




OLYMPIC DAY

20-23 JUNE # My Olympic Day Run
Olympic Day Quiz
Olympic Day Art Project
My Olympic Fan Moment



Marking the 72nd celebration of Olympic Day, the Indian Olympic Association and its member NSFs and SOAs endorsed IOC's campaign and the themes of #StayStrong, #StayActive, #StayHealthy in its digital activities that included My Olympic Day Run (Stay active and fitness activity), Olympic Day Quiz, Olympic Day Art Projects (Arts and Craft activities), My Olympic Fan moment as well as On-Air Olympic Day shows.

As many as 66 elite athletes and coaches from 14 sports joined the Indian Olympic Association on 23 June to share their Olympic Day wishes for everyone whilst also sharing their #StayActive fitness routines, in encouraging other athletes, followers and sports enthusiasts to get active and stay fit.

The Indian Swim team led by Olympians Virdhawal Khade, Sandeep Sejwal, Sajan Prakash and Shivani Kataria joined Rujuta Bhatt, Srihari Nataraj and Kenisha Gupta in sharing their daily fitness routines while urging everyone to stay strong, get active and stay healthy.

From Athletics, 2018 Commonwealth Games and Asian Games Javelin-throw Champion Neeraj Chopra joined Olympian and 2018 Asian Games Gold medallist quarter-miler M. R. Poovamma to share their Olympic Day messages on the importance of staying active and staying healthy. Along with former Athletics World Championships Bronze medallist and IOA Athletes' Commission Chairperson, Olympian Anju Bobby George, the Indian Athletics team urged everyone to embrace the Olympic spirit and to get active, take up sport and stay healthy.

In Basketball, Indian Men's team Captain Vishesh Bhriguvanshi and Indian Women's team members Barkha Sonkar and Shireen Vijay Limaye shared their daily fitness routines for fans to follow. While sharing their Olympic Day wishes, the Team India ballers urged everyone to take up a fitness routine and stick to it daily, to stay healthy.

Team India @WeAreTeamIndia
 #TeamIndia 🇮🇳 2018 Asian Games 🥈 medalist @PoovammaMR talks about staying fit on #OlympicDay! She asks everyone to pick a routine and stick to it. She wishes the nation a very Happy #OlympicDay
 #StayActive @Olympics @ANOC_Olympic @WorldAthletics @afiindia @IndianOlympians



Team India @WeAreTeamIndia
 #TeamIndia 🇮🇳 Women's #Basketball point guard @BarkhaSonkar reveals her #StayFit routine as she sends her 🏀💙 and #OlympicDay wishes! #StayActive
 Can you keep up with her workout drill?
 @Olympics @ANOC_Olympic @FIBA @BFI_basketball @IndianOlympians

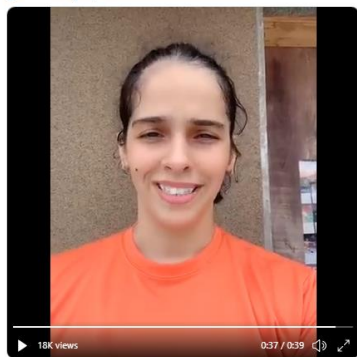


Team India @WeAreTeamIndia
 #TeamIndia 🇮🇳 #SwimTeam 🏊 sends its 💙 and Happy #OlympicDay wishes to everyone!
 Join us for fun workouts and fitness tips from our Olympians and athlete friends. #StayActive @Olympics @virhdhawalKhade @swim_sajan @srihari3529 @Shivanikataria6 @sandeepsej



From Badminton, London 2012 Bronze medallist Saina Nehwal shared with everyone beautiful memories from her first Olympic appearance at the Beijing 2008 Games. Rio 2016 Silver medallist and 2019 World Champion P. V. Sindhu, in her Olympic Day message for sports lovers, pointed out the benefits of regular physical activity. Olympian and Doubles specialist Ashwini Ponnappa also shared her Olympic Day wishes, urging everyone to stay active from wherever they can. Rising Doubles star Chirag Shetty also joined in to greet everyone with his Olympic Day wishes while also sharing his daily workout routine.

Team India @WeAreTeamIndia
 #TeamIndia 🇮🇳 #Badminton ace Saina Nehwal shares with us beautiful memories from her #Olympic debut and how it instilled in her the confidence to reach 🌍 No 🇮🇳 and the London 2012 🏆
 Happy #OlympicDay @NSaina #StayActive @Olympics @ANOC_Olympic @BAL_Media @IndianOlympians



Team India @WeAreTeamIndia
 #TeamIndia 🇮🇳 #Boxer @Jamunaboro1 showed us that nothing is impossible, if you have the determination, discipline and drive, as she shared her daily #StayActive routine from home! #OlympicDay @Olympics @ANOC_Olympic @BFI_official @IndianOlympians

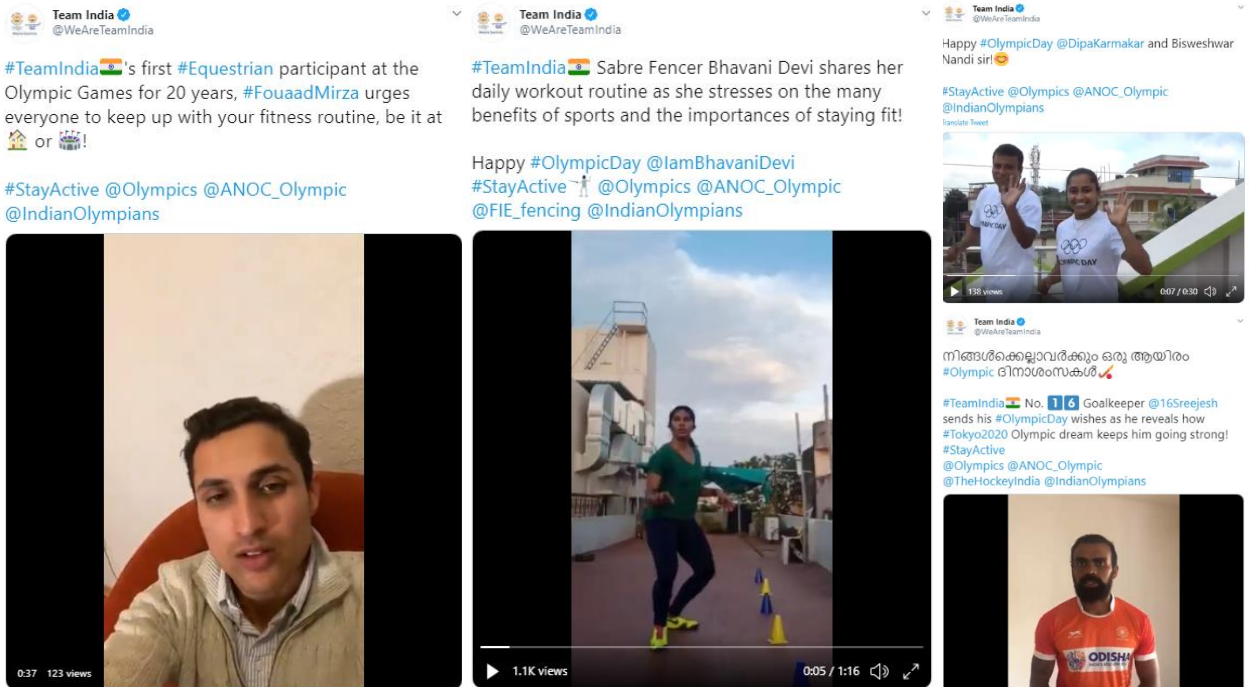


Team India @WeAreTeamIndia
 #TeamIndia 🇮🇳 Golfer Anirban Lahiri celebrates the core #Olympic values - Excellence, Friendship and Respect, everyday in every part of his life on and off the golf course!
 Happy #OlympicDay @anirbangolf 🇮🇳 #StayActive @Olympics @ANOC_Olympic @IndianGolfUnion @IndianOlympians



Sending in their Olympic Day wishes for everyone from the Indian Boxing team were London 2012 Bronze and 8-time World Championship medallist Mary Kom, Olympian Vikas Krishan Yadav, 2019 World Championship Silver medallist Amit Panghal, Olympian Shiva Thapa, 2019 Asian Championship Silver medallist Simranjit Kaur, 2018 and 2019 World Championship Bronze medallist Lovlina Borgohain, 2019 Asian Champion Pooja Rani, 2019 World Championship Bronze medallist Jamuna Boro, 2019 Asian Championship Bronze medallist Nikhat Zareen, 2019 World Championship Silver medallist Manju Rani and rising star Ashish Kumar Chaudhary.

Olympian Golfers Anirban Lahiri and SSP Chawrasia joined top ranked professional golfers Diksha Dagar, Rashid Khan, Shubhankar Sharma and Udayan Mane to spread the values of Olympism through their Olympic Day messages and wishes for everyone.



Joining Team India’s Olympic Day celebrations from Germany, 2018 Asian Games Double Silver medallist Equestrian Fouaad Mirza sent his best Olympic Day wishes to everyone, urging on the need to keeping up with fitness activities and to stay fit.

Team India Sabre Fencer Bhavani Devi wished everyone on the occasion of Olympic Day. Sharing her daily workout routine, Bhavani Devi also stressed on the many benefits of sports and the importance of staying active and fit.

Team India Olympian Gymnast Dipa Karmakar and coach Bisweshwar Nandi also joined the celebrations sharing their running routine and wishing everyone a happy Olympic Day.

From Hockey, Team India Men’s and Women’s Captains, Manpreet Singh and Rani Rampal led the #StayActive campaign by sharing their physical fitness routines along with fellow teammates, Sreejesh P. R., S. V. Sunil, Akashdeep Singh, Birendra Lakra, Chinglensana Singh Kangujam, Surender Kumar, Deep Grace Ekka, Neha Goyal, Lilima Minz, Gurjit Kaur, Sushila Chanu and Reena Khokhar.

From Rowing, Sydney 2000 Olympian Inderpal Singh, Asian Games and Asian Championship medallist Saji Thomas, Team India National coach Ismail Baig and international umpire Smita Yadav joined the Olympic Day celebrations by sharing their daily fitness routines and emphasizing on the importance of being physically active and mentally fit.

The Indian Shooting team joined the celebrations with London 2012 Bronze medallist Gagan Narang leading the Olympic Day greetings. He urged everyone to stay strong and to come back stronger together when sports resumes in the country. Joining the veteran Olympian in sharing their Olympic experiences and stressing on the importance of staying active and healthy were Abhishek Verma, Anjum Moudgil, Apurvi Chandela as well as young guns Anish Bhanwala and Manu Bhaker, who shared their daily workout routines for sports enthusiasts to follow.

From Table Tennis, veteran Olympian Achanta Sharath Kamal, top ranked sensations Manika Batra and Sathiyam Gnanasekaran joined in the Olympic Day celebrations, sending their best wishes to everyone. 2018 Buenos Aires Youth Olympian Archana Girish Kamath shared a special message on the values of Olympism and the importance of staying active with the right mental attitude.



#TeamIndia 🇮🇳 #TopGun @gaGunNarang shares his first memory of the #OlympicGames and the journey afterwards that won him the London 2012 #Shooting 🏆

Join our athletes to relive their Olympic journeys, be inspired and to celebrate #OlympicDay #StayActive @Olympics @OfficialNRAI



Our favourite #OlympicDay wish on the internet today! 🙌

#TeamIndia 🇮🇳 Youth Olympian and #TableTennis sensation believe in staying active with the right mental attitude! Words of inspiration from #ArchanaGirishKamath ❤️ #StayActive @Olympics @ANOC_Olympic @ittfworld @ttfitweet



Dronacharya awardee and #TeamIndia 🇮🇳 National #Rowing coach #IsmailBaig joined the #StayActive campaign on #OlympicDay and wished everyone success! @Olympics @ANOC_Olympic @IndiaRowing @IndianOlympians



From Tennis, veteran Olympians Rohan Bopanna, coach and former Davis Cup player Zeeshan Ali, Vishnu Vardhan, Prarthana Thombare, Yuki Bhambri, Rutuja Bhosale, Ankita Raina, Riya Bhatia and Sowjanya Bavisetti joined in the Olympic Day celebrations, sharing their daily fitness routines and Olympic Day messages on the values of Olympism, that inspire them each day.

3-time Olympian and former Doubles World number one, Sania Mirza shared fulfilling experiences from her participation at the Olympic Games in 2008, 2012 and 2016 as she also wished that the Olympic spirit continues to inspire everyone to reach higher in pursuit of excellence.

The first Indian Woman Sailor to win a World Cup medal, Nethra Kumanan joined in on wishing everyone greetings of Olympic Day. Nethra urged on the importance of staying active and mentally fit as she shared her daily fitness routine, hoping that her journey inspires everyone to take up sports and be fit.

2018 Commonwealth Games and Asian Games Champion and 3-time World Championships medallist wrestler Bajrang Punia also wished everyone on the occasion of Olympic Day as he shared his daily workout routine for sports enthusiast to follow.

Team India @WeAreTeamIndia

Today we celebrate the joy of sport, getting active, and staying fit! 🙌

Here's #TeamIndia 🇮🇳 #Tennis Ace @MirzaSania sharing her #Olympic experience and wishing you all a very Happy #OlympicDay! 🎉 #StayActive @Olympics @AITA_Tennis



0:19 11.1K views

Team India @WeAreTeamIndia

#TeamIndia 🇮🇳 Captain @imranirampal shared her proud emotions on representing the nation at the #OlympicGames

Sharing her #StayFit routine, #AthleteOfTheYear urged everyone to #StayActive, #StayStrong and stay positive! @Olympics @ANOC_Olympic @TheHockeyIndia @IndianOlympians



1K views 0:34 / 1:10

Team India @WeAreTeamIndia

Let's go #Sailing with @nettienetty 🏆🙌

Daily fitness routine keeps Nethra Kumanan, first #TeamIndia 🇮🇳 Woman Sailor to win a World Cup medal, healthy and fit! Nethra hopes her journey inspires everyone to take up sports. #StayActive #OlympicDay @Olympics @worldsailing



683 views 0:22 / 1:29



This year, State Olympic Associations observed Olympic Day celebrations in a different format to the usual way, due to the unprecedented circumstance. The State Olympic Associations of Gujarat, Jharkhand, Kerala and Maharashtra partnered with local radio channels and organised On-Air Olympic Day awareness programmes, engaging radio listeners to participate in fun-filled Olympic Day quiz contests and Olympic Day Art Project activities.

Jharkhand Olympic Association organised many activities across the state to mark Olympic Day celebrations. The state association partnered with local radio channel, Radio Dhoom to run an Olympic Day awareness programme alongside the On-Air Olympic Day Quiz contest. The state association also held digital exercise competitions, an online seminar attended by as many as 117 participants and released an Olympic Day theme song.

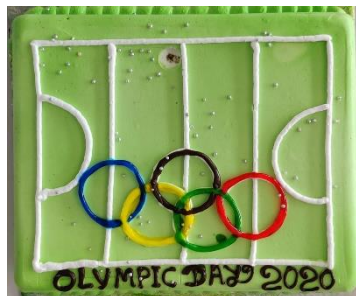
Kerala Olympic Association celebrated Olympic Day in the state by organizing On-Air Olympic Day Quiz contest in partnership with local radio channels, webinars etc. amongst other activities. Kerala Governor Mr Arif Mohammed Khan inaugurated the Olympic Day celebrations in the state, during a ceremony held at Kerala Raj Bhavan.

State Olympic Association of Madhya Pradesh marked Olympic Day celebrations across various regions by organising Olympic Day Art Project activities. The state association also held a Canoe and Kayak training session, together with the Indian Kayaking and Canoeing Association.

Sikkim Olympic Association celebrated Olympic Day in the state by organizing a Blood Donation camp in Gangtok. The State Olympic Association of Tripura marked Olympic Day by extending helping hand to the inhabitants of Agartala Old Age home. Manipur Olympic Association on the occasion of Olympic Day popularised the values of Olympism, with a view to make a better society through sports, culture and education.

Uttaranchal State Olympic Association held Olympic Day Art Project in the state to mark the Olympic Day celebrations. Athletes and sports enthusiasts also joined in from their homes to participate in digital fitness activities. An Olympic Day Run was organised while respecting the social distancing and safety guidelines, joined by the Minister of State for Sports Mr Arvind Pandey.

Uttar Pradesh Olympic Association celebrated Olympic Day in the state by holding various activities including a Olympic Day Cycle rally while respecting the social distancing and safety guidelines and a webinar for athletes and sports enthusiasts.



OLYMPIC DAY
Celebrating Olympic Day

PATRON
Hon. Mr. Rajeev Mehta, Hon. Mr. Ramesh Khori, Hon. Mr. Anshu Dubey

EMINENT SPEAKERS
Dr. Laxmiregaman Joshi, Dr. Shreyas Adhyar

ORGANISING COMMITTEE
Mr. Prakash Kishor, Dr. Uday Dargam

MAHARASHTRA FENCING ASSOCIATION
Organise
Online Webinar
On
YOGA AND NUTRITION FOR FENCING
23rd June 2020



Olympic Day
BLOOD DONATION CAMP
23rd June 2020 at Gangtok, Sikkim
Organised by
Indian Olympic Association

HAPPY OLYMPIC DAY
23rd JUNE

**STAY STRONG
STAY ACTIVE
STAY HEALTHY**

IOA LEADERSHIP:
ID MANAVATI (Secretary GSDA), RAJIV MEHTA (Secretary IOA), DR HARINDER BATRA (President IOA), DEVENDRA SOLANKI (President GSDA)

INTERNATIONAL OLYMPIC DAY
23rd JUNE 2020



Olympic Day Messages



"Let's get healthy together on #OlympicDay. Join the live work outs with Olympians across 20 time zones on @Olympics Instagram. Be part of the world's biggest digital Olympic workout and #StayActive." Thomas Bach



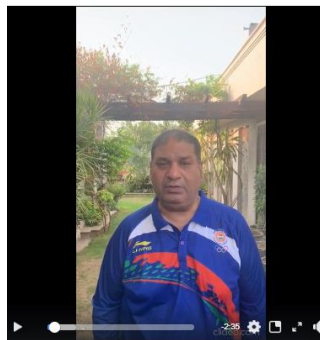
Let the Olympic flame inspire us all to reach higher in the pursuit of excellence, by respecting our friendships and valuing our beliefs! Happy #OlympicDay!

@Olympics @worldolympians @WeAreTeamIndia @olympicchannel @ITF_Tennis @IndianOlympians



भारतीय ओलंपिक संघ के महासचिव आदरणीय श्री राजीव मेहता जी द्वारा देव के शिवाडियों एवं समस्त देशवासियों को ओलंपिक दिवस के शुभ अवसर पर संदेश एवं शुभकामनाएं

#खेलो_उत्तराखण्ड
#खेलो_उत्तराखण्ड
#खेलो_उत्तराखण्ड
See Translation



100

33 comments 57 shares



INDIAN OLYMPIC ASSOCIATION

Celebrating Olympic Day

Congratulations to India's sports community on a memorable day today, Olympic Day.

Let us make it special with activity that imbues the ideals of Olympism - **Excellence, Friendship and Respect.**

Let us also reaffirm our commitment to the Olympic Movement and to making India a greater sporting nation. Together we can. And we will.

Dr. Narinder Dhruv Batra
President
Indian Olympic Association



Dear friends and colleagues,

The Indian Olympic Association sends its greetings to you as we join our extended family from world over to celebrate Olympic Day on 23 June.

Olympic Day commemorates the creation of the modern Olympic movement and it's celebration continues to be an important reminder of the role of sports in making the world a better place.

The year 2020 is a milestone moment for us, as it marks a hundred years of participation of Indian athletes at the Olympic Games, making this year's Olympic Day celebrations more relevant than before.

This Olympic Day, we would like to specially commend all our athletes, officials, National Sports Federations and State Olympic Associations, volunteers and all members of our Olympic family, who continue to lead the way, as ambassadors of Olympism placing sports at the service of humanity, in spreading hope and optimism. We hope that you will continue to inspire more people to get active and lead a healthier lifestyle this year, as the world battles the pandemic of COVID-19.

United by the Olympic values of respect, excellence and friendship, let us support each other in emerging stronger together to serve sports and contribute towards the advancement of the Olympic movement in India.

Stay **STRONG**. Stay **ACTIVE**. Stay **HEALTHY**.

Happy Olympic Day!

Rajeev Mehta
Rajeev Mehta
Secretary General

INTERNATIONAL OLYMPIC DAY 2020

**Stay Active
Stay Strong
Stay Healthy**

OLYMPIC DAY
23 June

• Painting Competition
(Any One From below Subject- Olympic Wreath, Medal or Mascot)

• One Minute Challenge
(Video of Maximum Push Up and squats)

Send Your Entries to Whatapp no 9572723111

With best wishes From
JHARKHAND OLYMPIC ASSOCIATION

R.K Anand (Dr. Raju Babbar) President
Madhukhant Pathak Secretary General

Citius, Altius, Fortius

HAPPY INTERNATIONAL OLYMPIC DAY
— JUNE 23, 2020 —

IOA Athletes Commission Meeting

A meeting of the IOA Athletes' Commission was convened digitally on 9 May 2020. The members approved the Minutes of the last Commission held on 5 September 2018. The Chair of the IOA Athletes Commission, Ms Anju Bobby George updated the members on the Global Athletes Representative call with IOA AC. The NOC Athletes' Commission Activity Grant - 2020 application was also among the key agenda points discussed.

IOA Olympic Education and Other Academic matters Committee

The committee held its first meeting on 31 May 2020 under the Chairmanship of Mr Prashant Kushwaha. The Committee organised an International Webinar on 'Olympism and Olympic Education in the 21st Century' on 11 and 12 June 2020 with eminent speakers and moderators from all over the world.

The inaugural session held on 11 June 2020 via teleconference was graced by the Hon'ble Union Minister for Youth Affairs and Sports Mr Kiren Rijiju who was the Chief Guest along with IOA President Dr Narinder Dhruv Batra and Kendriya Vidyalaya Sangathan Commissioner Mr Santosh K. Mall, IAS, as the Guests of Honour and other special guests.



Meeting with Hon'ble Union Minister for Youth Affairs and Sports

Hon'ble Union Minister for Youth Affairs and Sports Mr Kiren Rijiju called upon senior management of the Indian Olympic Association and 15 National Sports Federations on 23 June 2020 in an online meeting. The meeting was convened to discuss the way forward for the 15 sports disciplines in terms of training of athletes, participation in national and international competitions, and organising sporting events in India.

IOA President Dr Narinder Dhruv Batra and Secretary General Mr Rajeev Mehta participated in the meeting that was also attended by Sports Secretary Mr Ravi Mittal, Director General of SAI Mr Sandip Pradhan and Presidents and Secretary Generals of Archery, Athletics, Badminton, Boxing, Cycling, Fencing, Football, Hockey, Judo, Shooting, Swimming, Table Tennis, Weightlifting and Wrestling.

OCA Culture Committee Meeting

International Olympic Committee Member and OCA Culture Committee Chairperson Mrs Khunying Patama Leeswadtrakul conducted an online meeting of the Olympic Council of Asia Culture Committee to discuss 'New Wave' plan and Asian Games Youth Camp, from Bangkok on 27 June 2020.

IOA Secretary General and OCA Culture Committee Member Mr Rajeev Mehta attended the meeting that focused on two main topics; an expo and festival running alongside OCA multi-sport events and proposals for an Asian youth cultural camp at the 19th Asian Games in Hangzhou, China in 2022.

Francis Wanandi, who was a Director of the 2018 Indonesian Asian Games Organising Committee, made a presentation entitled 'OCA New Wave' which highlighted global sports trends, market research and sponsor expectations. Festivals of food, fashion and music could add a cultural flavour to sporting events, while a sports museum and forum could be incorporated into an expo/convention, he said.

Both the OCA New Wave and Asian Youth Camp initiatives will be discussed further between the OCA and host cities in order to add value and bring new cultural dimensions to the traditional sports events.



Indian Olympic Association donates to the PM Cares Fund

The Indian Olympic Association and its member National Sports Federations (NSFs) and State Olympic Association (SOAs) along with the support of athletes and sports enthusiasts contributed an amount of Rupees 2 Crores towards the cause of the nation's fight against the COVID-19 pandemic. The Demand Draft in favour of PM Cares Fund was handed over to Hon'ble Union Minister for Youth Affairs and Sports Mr Kiren Rijju by IOA Secretary General Mr Rajeev Mehta in the presence of Sr Vice-President Mr Anil Khanna, Vice-President Mr Sudhanshu Mittal, Joint Secretary Mr Onkar Singh and Associate Vice-President Mr Ajay Singh.

The Indian Olympic Association is deeply grateful to its member NSFs and SOAs, other federations/bodies and sports enthusiasts for extending their support and humble contributions towards the cause. In these challenging times, the coming together of the Olympic family to support the nation's need, once again reinforces the belief that we shall always come out stronger together to serve sports and make the nation proud.





Solidarity and Education

Press release disseminated on 28 May 2020 summarizing the contributions made by IOA towards PM Cares Fund for COVID-19 pandemic.

28 May, 2020

The Indian Olympic Association (IOA) is the governing body and parent organisation for the Olympic Movement and the Commonwealth Games in India. IOA has always worked towards the larger benefit of the society beyond sports.

IOA and its member National Sports Federations (NSFs) and State Olympic Associations (SOAs), athletes and sports enthusiasts contributed an amount of Rupees 2 (Two) Crores towards the cause of our nation's fight against the COVID-19 pandemic. The Demand Draft in favour of PM Cares Fund was handed over to Hon'ble Union Minister for Youth Affairs and Sports Shri Kiren Rijiju by IOA Secretary General Mr. Rajeev Mehta in the presence of Sr Vice President Mr. Anil Khanna, Vice President Mr. Sudhanshu Mittal, Joint Secretary Mr. Onkar Singh and Associate Vice President Mr. Ajay Singh.

It is the joint efforts of the Olympic family to support the nation's need, that reinforces our hopes that we shall always come out stronger together to serve sports and make the nation proud.

Contributions made to IOA for PM Cares Fund.

NATIONAL SPORTS FEDERATIONS

1) Kho-Kho Federation of India (KKFI)	Rs.11,00,000/-
2) Boxing Federation of India (BFI)	Rs.11,00,000/-
3) Indian Golf Union (IGU)	Rs.10,00,000/-
4) Badminton Association of India (BAI)	Rs.10,00,000/-
5) Indian Kayaking and Canoeing Association (IKCA)	Rs. 8,00,000/-
6) Gymnastics Federation of India (GFI)	Rs. 5,50,000/-
7) Table Tennis Federation of India (TTFI)	Rs. 5,00,000/-
8) Fencing Association of India (FAI)	Rs. 5,00,000/-
9) Volleyball Federation of India (VFI)	Rs. 5,00,000/-
10) Cycling Federation of India (CFI)	Rs. 4,50,000/-
11) All India Tennis Association (AITA)	Rs. 2,50,000/-
12) Luge Federation of India (LFI)	Rs. 2,50,000/-
13) Ski and Snowboard India (SSI)	Rs. 2,50,000/-
14) Wushu Association of India (WAI)	Rs. 2,00,000/-
15) Handball Federation of India (HFI)	Rs. 1,51,000/-
16) Rowing Federation of India (RFI)	Rs. 1,25,000/-
17) Bowling Federation of India (BFI)	Rs. 1,00,000/-
18) Indian Weightlifting Federation(IWF)	Rs. 1,00,000/-
19) Netball Federation of India (NFI)	Rs. 1,00,000/-
20) Squash Rackets Federation of India (SRFI)	Rs. 1,00,000/-
21) Indian Triathlon Federation (ITF)	Rs. 1,00,000/-
22) Indian Rugby Football Union (Rugby India)	Rs. 1,00,000/-
23) Modern Pentathlon Federation of India (MPFI)	Rs. 1,00,000/-
24) Ice Skating Association of India (ISAI)	Rs. 1,00,000/-
25) Swimming Federation of India (SFI)	Rs. 51,000/-



Solidarity and Education

STATE/ UT OLYMPIC ASSOCIATIONS

26) Uttaranchal Olympic Association (UOA)	Rs. 5,00,000/-
27) Jharkhand Olympic Association (JOA)	Rs. 2,00,000/-
28) Nagaland Olympic Association (NAO)	Rs. 2,00,000/-
29) Uttar Pradesh Olympic Association (UPOA)	Rs. 1,01,000/-
30) Goa Olympic Association (GOA)	Rs. 1,01,000/-
31) Andhra Pradesh Olympic Association (APOA)	Rs. 1,01,000/-
32) Delhi Olympic Association (DOA)	Rs. 1,00,000/-
33) Assam Olympic Association (AOA)	Rs. 1,00,000/-
34) Himachal Pradesh Olympic Association (HPOA)	Rs. 1,00,000/-
35) Jammu & Kashmir Olympic Association (JKOA)	Rs. 1,00,000/-
36) Tamil Nadu State Olympic Association (TNSOA)	Rs. 1,00,000/-
37) Manipur Olympic Association (MOA)	Rs. 1,00,000/-
38) Chandigarh Olympic Association (COA)	Rs. 1,00,000/-
39) Arunachal Pradesh Olympic Association (APOA)	Rs. 1,00,000/-
40) Madhya Pradesh Olympic Association (MPOA)	Rs. 51,000/-
41) Tripura State Olympic Association (TSOA)	Rs. 50,001/-
42) Mizoram Olympic Association (MOA)	Rs. 50,000/-
43) Meghalaya State Olympic Association (MSOA)	Rs. 50,000/-
44) Gujarat State Olympic Association (GSOA)	Rs. 25,000/-
45) Sikkim Olympic Association (SOA)	Rs. 25,000/-

NON MEMBERS/ APPLIED FOR/ OTHERS

46) Karate Association of India	Rs. 5,00,000/-
47) Chhattisgarh State Volleyball Association	Rs. 3,00,000/-
48) Fanatic Sports	Rs. 2,51,000/-
49) IOS Sports	Rs. 2,50,000/-
50) Mr. Manish	Rs. 1,85,000/-
51) Throwball Federation of India	Rs. 1,25,000/-
52) Mr. Man Mohan Jaiswal (GS, Judo Federation of India)	Rs. 1,00,000/-
53) WAKO India Kickboxing Federation	Rs. 1,00,000/-
54) Maharashtra Fencing Association	Rs. 1,00,000/-
55) Tamil Nadu Kho Kho Association	Rs. 1,00,000/-
56) Taekwondo India	Rs. 1,00,000/-
57) Indian Powerlifting Federation	Rs. 1,00,000/-
58) Himachal Pradesh Boxing Association	Rs. 51,000/-
59) Uttarakhand Kabaddi Association	Rs. 51,000/-
60) Rajasthan State Judo Association	Rs. 51,000/-
61) Dr. Prem Verma (Dy. CDM Tokyo 2020)	Rs. 51,000/-
62) Indian Pencak Silat Federation	Rs. 51,000/-
63) Kurash Association of India	Rs. 51,000/-
64) Mr. Manjeet Singh Dahiya (IKCA Canoe Dragon Boat)	Rs. 50,000/-
65) Mr. Lalrinhamwa Hnmate	Rs. 50,000/-
66) Manipur Fencing Association	Rs. 30,000/-
67) Mr. Moirangiam L.	Rs. 30,000/-
68) Madhya Pradesh Handball Association	Rs. 25,000/-
69) Pooja Srinivassurve (Pooja Trust)	Rs. 25,000/-
70) Hockey Karnataka State	Rs. 25,000/-
71) Tripura Hockey	Rs. 10,001/-
72) All Tripura Judo Association	Rs. 10,001/-
73) Other sources	Rs. 2,25,000/-



Solidarity and Education

Other contributions made by IOA family directly towards PM Cares Fund for COVID-19 pandemic.

Hockey India (HI)	Rs.1,00,00,000/-
All India Football Federation (AIFF)	Rs. 25,00,000/-
Wrestling Federation of India (WFI)	Rs. 11,00,000/-
National Rifle Association of India (NRAI)	Rs. 10,00,000/-
Basketball Federation of India (BFI)	Rs. 5,00,000/-
Equestrian Federation of India (EFI)	Rs. 5,00,000/-
Athletics Federation of India (AFI)	Rs. 2,50,000/-
Kerala Olympic Association (KOA)	Rs. 3,00,000/-
Bihar Olympic Association (BOA)	Rs. 1,00,000/-
The SepakTakraw Federation of India	Rs. 5,25,000/-
Mr. Om Prakash Sharma, Delhi Triathlon Association (DTA)	Rs.2,00,00,000/-
Mr. B. P. Baishya, Weightlifting Federation of India (WFI)	Rs.1,50,00,000/-
Mr. Bhubaneswar Kalita, IKCA	Rs.1,10,00,000/-
Mr. Arjun Munda, Archery Association of India	Rs.1,01,00,000/-
Mrs. M. C. Mary Kom	Rs.1,00,00,000/-
Indian Men's Football Team	Rs. 50,00,000/-
Mr. Pullela Gopichand	Rs. 26,00,000/-
Ms. P. V. Sindhu	Rs. 10,00,000/-
Mr. Dhanraj Pillay	Rs. 5,00,000/-
Mr. Sai Praneeth	Rs. 3,00,000/-
Ms. Apurvi Chandela	Rs. 3,00,000/-
Mr. Neeraj Chopra	Rs. 2,00,000/-
Ms. Manu Bhaker	Rs. 1,00,000/-
Ms. Hima Das	One month's salary
Total donation made directly	Rs.8,28,25,000/-

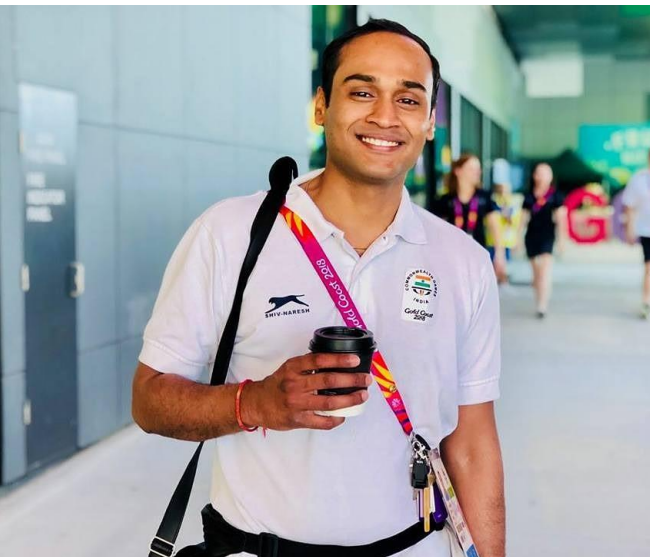

Secretary General
Indian Olympic Association

Olympic Solidarity extended into 2021

More than 1,600 athletes from 185 National Olympic Committees (NOCs) and Refugee athletes who are benefiting from the Olympic Solidarity programmes related to the Tokyo 2020 Olympic Games will continue to enjoy the support up to the Games of the XXXII Olympiad, which will now be celebrated from 23 July to 8 August 2021.

IOC Diploma in Sports Medicine

Dr Sachin Jain, who served as the Team Doctor of the Indian contingent at the Gold Coast 2018 Commonwealth Games successfully completed the 2-year IOC Diploma in Sports Medicine, that he had enrolled in 2018. Dr Sachin Jain was awarded the Olympic Solidarity Scholarship to study the 2-year postgraduate world level programme, delivered by Sportsoracle. He had successfully appeared for and passed the Part I written examination in April 2019. In 2020 he wrote the Part II examination and passed with first class marks. Graduating with distinction in the Final Program, Dr Sachin Jain expressed his continuous commitment to support the health of athletes and advancement of sports.



Dream Together Masters Programme, Seoul

Ms Kajiloni Krichena, received admission to the full-scholarship Dream Together Master programme at Seoul National University with support of ANOC Scholarship. Ms Kajiloni will be a member of the 8th Dream Together Masters batch and will join a dynamic student community in a place of endless opportunities.

136th IOC Session to be held virtually in July

In light of the postponement of the Games of the XXXII Olympiad and the current measures being implemented in Switzerland and around the world to contain the spread of the COVID-19 pandemic, the IOC Executive Board in its first-ever full remote meeting on 14 May 2020 agreed to hold the 136th International Olympic Committee (IOC) Session virtually on 17 July and decided to live-stream for all who want to follow.



KKFI extends support to Nasreen

The Kho-Kho Federation of India (KKFI) extended financial assistance to Team India Kho-Kho Women's skipper Nasreen, who had called out for support due to financial hardships during the unprecedented lockdown situation.

Indian Boxing fraternity comes together to aid Dingko Singh

The Indian Boxing fraternity led by Boxing Federation of India (BFI) President Mr Ajay Singh and Olympians Vijender Singh, Manoj Kumar etc. came together to help raise aid



for the treatment of former Team India pugilist Dingko Singh. BFI President and Chairman and Managing Director of SpiceJet Mr Ajay Singh, stepped in during the lockdown period, providing air ambulance service to the Asian Games Gold medallist and Padma Shri pugilist Dingko Singh.

Resumption in Sport in India Covid-19 scenario

Taking a pro-active view, a study was initiated by Dr Narinder Dhruv Batra to collate feedback and ideas from the Indian sporting community on the resumption of Sport in India in the COVID-19 scenario. A white paper was developed through feedback received and consultations with different stakeholders including NSFs and SOAs. As was the intention to support and aid the highest levels of decision making, the study was one of the referenced sources for the 'SOP for Sports Activities' of the Sports Authority of India.

Webinar on 'Sporting Events: Embracing the New Normal'

IOA President Dr Narinder Dhruv Batra, attended a Webinar organised by FICCI on 3 June 2020 on the theme 'Sporting Events: Embracing the New Normal'. Other panelists included Mr Peer Naubert, Head of Global Marketing, Bundesliga, Mr Anil Kumble, Former Captain, Indian Cricket Team and Chairman, ICC Cricket Committee, Mr Venky Mysore, CEO, Knight Riders Sports and Mr Mustafa Ghose, CEO, JSW Sports. A special address was also delivered by Mr Vishal Kumar Dev, Commissioner-cum-Secretary, Sports and Tourism, Government of Odisha.



Obituary – Subimal ‘Chuni’ Goswami

The Indian Olympic Association was deeply saddened to hear about the passing of Jakarta 1962 Asian Games Gold medallist captain and legendary footballer, Subimal ‘Chuni’ Goswami on 30 April 2020 in Kolkata. He was 82.

Goswami’s biggest achievement was captaining India to the 1962 Asian Games Gold medal when India scripted a historic victory. Chuni Goswami was also part of India’s Olympic squad at the Rome 1960 Olympic Games. He also captained India to the finals of the AFC Asian Cup in Tel Aviv in 1964 and was part of India’s campaign in the pre-Olympic qualification events in 1959, 1960, 1963 and in 1964. He was conferred with the Arjuna Award in 1963 and the prestigious Padma Shri Award in 1983.

Obituary – Manmeet Singh

The Indian Olympic Association was deeply saddened to hear about the passing of one of the most talented paddlers of the 80’s era, Arjuna Awardee and former Table Tennis National Champion, Manmeet Singh Walia on 12 May 2020. He had represented the country at multiple international events after making his debut at the Asian Championships in 1980.

Obituary – Balbir Singh Sr

Triple Olympic Champion, World Record holder for most goals scored by an individual in an Olympic Hockey Men’s final and one of the greatest athletes to have played for India, Balbir Singh Dosanjh bid adieu on 25 May 2020 at the age of 95 in Chandigarh. Considered as one of the greatest centre-forwards of all times, Balbir Singh Dosanjh was a key member of the Gold winning Team India at the Olympic Games from 1948 to 1956. He debuted at the London 1948 Games, vice-captained the team at Helsinki 1952 Games and captained the Melbourne 1956 Olympic team. He was also the manager of the only World Cup winning Indian side in 1975, the first sportsperson to be awarded the Padma Shri Award in 1957 and the lone Indian and Hockey player to be included in IOC’s ‘Olympic Icons’. Balbir Singh Sr left behind a rich legacy that cuts across all sport and physical boundaries.

Obituary – Ajit Jogi

The Indian Olympic Association was deeply saddened to hear about the demise of the first Chief Minister of Chhattisgarh and former President of the Chhattisgarh Olympic Association, Ajit Pramod Kumar Jogi.



INDIAN OLYMPIC ASSOCIATION

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