

# LAKSHYA NEWSLETTER



## 'President's Note'



### Dear Friends Sporty Greetings.

It gives me immense pleasure to present the first quarter newsletter of 2023, I take this opportunity to greet the founders, colleagues and members of Lakshya on the occasion of our 13th Foundation day Anniversary.

I am glad and humbled to acknowledge that we are living at a time when sports in our country have grown from just a hobby to a serious commitment – professionally and personally. Today "Sports is taken seriously not just by the athletes or the federations, but also by the government and many organizations who are working tirelessly towards taking Indian athletes to a new height.

We at Lakshya are proud to be part of the ecosystem that has been created 13 years back. Being part of the Lakshya family fills me with immense pride and joy when I see Indian athletes do well at international stage and make our country's flag rise high. In 2022-23 we signed 12 new athletes. As of today we are supporting over 40 Athletes with a ratio representation of 32% Males and 68% females.

We celebrated the Lakshya annual day by rewarding our athletes, we also are thrilled to announce the launch of the first edition of our coffee table book, which features the incredible inspiring stories of athletes who have overcome significant challenges to achieve success, and it showcases the efforts of Lakshya Sports in providing them with the resources they need to pursue their dreams.

I feel that this coffee table book is a celebration of the remarkable achievements of these athletes the book features stunning photographs and insightful stories that capture the spirit of the athletes and the passion that drives them to succeed. It is a true testament to the power of sports and the impact that organizations like Lakshya Sports can have on the lives of athletes and the community as a whole. On the occasion we also launched a revolutionary app called "Gold." This app is designed to track and monitor the progress of athletes, providing them with valuable insights into their performance and helping them to improve their skills and capabilities.

With Gold, athletes can access information about their previous and upcoming tournaments, check their ranking, view their fitness test results, and mental conditioning. With more data, Gold would be able to give deeper insights into an athlete's performance, enabling them to make informed decisions about their training and competition strategy.

As we continue our mission, I take this opportunity to once again thank all our stake holders because of whom we can dream of taking our athletes to greater heights

**Satyen Patel**  
President Lakshya

# LAKSHYA ATHLETE ACHIEVEMENTS 2023

Total Medals 36



Nupur Sheoran



Sutirtha Mukherjee



Sunil Kumar



Sajan Bhanwal



Taneesha Kotecha



Jennifer Varghese



Pragati Gaikwad



Reeth Rishya



Devika Ghorpade



Tara Shah



Manas Dhamne



Asmi Adkar



Pritha Vertikar



Kunal Ghorpade

- **Nupur Sheoran** - Quarterfinalist in Boxing World Championships held at Delhi.
- **Devika Ghorpade** - Winner boxing event at Khelo India Youth Games held at Bhopal
- **Kunal Ghorpade** - Winner boxing event at Khelo India Youth Games held at Bhopal
- **Asmi Adkar** - Winner ITF J60 Tennis Tournament held at Indore
- Semifinalist in U-18 National Series held at Madhurai
- **Manas Dhamne** - Participated at PMR OPEN ATP 250 Tennis Tournament held at Pune
- **Pragati Gaikwad** - Silver in Wrestling National Ranking Tournamnt held at Gonda
- **Sajan Bhanwal** - Participated in Wrestling Senior Asian Championship held at Kazakistan
- **Sunil Kumar** - Bronze in Wrestling Senior Asian Championship held at Kazakistan
- **Jennifer Varghese** - Gold in National Ranking Table Tennis Championship, Surat
- Gold in Khelo India Youth Games 2023, Bhopal
- **Pritha Vertikar** - Gold in Khelo India Youth Games 2023, Bhopal for Maharashtra
- Bronze in Junior National Championships 2022
- **Suhana Saini** - Gold in National Ranking Table Tennis Championship, Vadodara
- Gold in National Ranking Table Tennis Championship, Surat
- **Sutirtha Mukherjee** - Silver in National Ranking Table Tennis Championship, Surat
- **Reeth Rishya** - Gold in National Ranking Tournament, Surat
- **Tara Shah** - Semifinalist in Yonex - Dutch International Challenger, Netherland
- **Taneesha Kotecha** - Gold in Khelo India Youth Games 2023 (for Maharashtra)

## LAKSHYA SPORTS SIGNS TWELVE NEW PLAYERS THIS YEAR, NOW SUPPORTS 40 PLAYERS



Winner of the National Sports Award for Sports Promotion Lakshya announced the signing of Twelve new players for 360 Degree Support expanding its Strength to 40 players across sports disciplines.

On the occasion of Lakshya's 13 Year old Anniversary Celebrations, Mr Satyen Patel , President of Lakshya Said that there has been steady progress in our Support to players from across the Country , I am glad and humbled to acknowledge that we are living at a time when sports in our country has grown from just a hobby to a serious commitment – professionally and personally , "

"Sports is taken seriously not just by the athletes or the federations, but also by the government and many organizations, who are working tirelessly towards taking Indian athletes to a new height . Lakshya is proud to be part of the ecosystem that has been created in the past decade. Being part of the Lakshya family, it fills me with immense pride and joy when I see Indian athletes – whether they are part of Lakshya or not – do well at the international stage and make our country's flag rise high., Mr Patel Added

The new Signees by Lakshya in 2022-23 Include Alfiya Pathan Boxing Gold at Senior Asian Boxing Championship 2022 (Morde Foods)Devika Ghorpade Boxing Gold at Youth World Boxing Championship ( Edelgive ) , Ashish Kumar Boxing Member of Tokyo Olympic and Commonwealth Games (Sahyadri Industries), Divya Kakran Bronze medallist at Commonwealth Games 2022 (Bharat Forge) Sunil Kumar Wrestling Gold at U 23 Asian Wrestling Championship ( Edelgive ) , Member of Commonwealth Games Table Tennis team Reeth Rishya (Morde Foods) , Akanksha Nitture Tennis Finalist at Fenesta Open Tennis National Championships in doubles category ( Bharat Forge), Jennifer Varghese National Champion 2022 in U-15 category (Cheviot), Taneesha Kotecha Silver Medallist at U-19 National Championships 2022 (Cheviot), Sneha Soren (Sahyadri), Anish Danei Silver Medallist at Asian Badminton Championships 2022 (Sahyadri), Pratik Deshmukh (Sahyadri)

Mr Sunder Iyer, Secretary of Lakshya Added Our aim is to see India on top of the Olympics table. This is a dream that we all know is possible. We are Supporting over 40 Athletes with a ratio of 32% Males and 68% females .



# RASHTRIYA KHEL PROTSAHAN PURASKAR WINNER -LAKSHYA INSTITUTE LAUNCHED COFFEE TABLE BOOK

'Coffee Table book launch'



We are thrilled to announce the launch of the first edition of our coffee table book, which features the incredible work done by Lakshya Sports, an NGO dedicated to empowering and supporting athletes across different sports.

The book contains inspiring stories of athletes who have overcome significant challenges to achieve success, and it showcases the efforts of Lakshya Sports in providing them with the resources they need to pursue their dreams.

Over the years, Lakshya Sports has worked tirelessly to provide training, coaching, equipment, and financial assistance to athletes from all walks of life. Through their programs and initiatives, they have helped countless athletes to improve their skills, compete at the highest level, and reach their full potential.

This coffee table book is a celebration of the remarkable achievements of these athletes and the tireless efforts of the Lakshya Sports team. It provides a glimpse into the world of sports and the dedication and hard work required to excel in this field.

The book features stunning photographs and insightful stories that capture the spirit of the athletes and the passion that drives them to succeed. It is a true testament to the power of sports and the impact that organizations like Lakshya Sports can have on the lives of athletes and the community as a whole.



# LAKSHYA INSTITUTE LAUNCHED GOLD APP



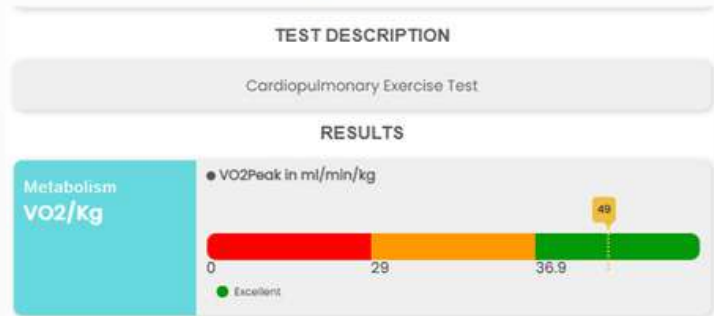
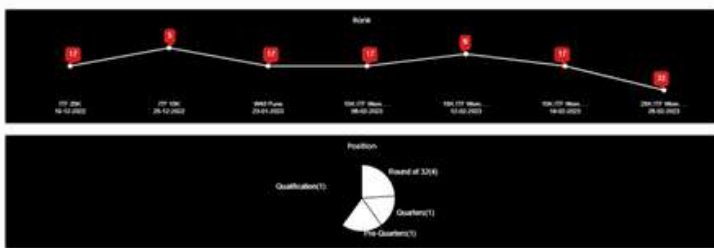
## Gold Monitoring App



Lakshya Sports, the renowned NGO that has been empowering athletes across different sports, has recently launched a revolutionary app called "Gold." This app is designed to track and monitor the progress of athletes, providing them with valuable insights into their performance and helping them to improve their skills and capabilities.

With Gold, athletes can access information about their previous and upcoming tournaments, check their ranking, view their fitness test results, and mental conditioning. The app is easy to use for athletes and provides a comprehensive overview of an athlete's progress, making it an invaluable tool for anyone looking to take their game to the next level.

The basic idea behind Gold is to provide athletes with a platform that can be their guide going forward. With more data, Gold would be able to give deeper insights into an athlete's performance, enabling them to make informed decisions about their training and competition strategy.





# LAKSHYA SPORTS SCIENCE INITIATIVES



## NUTRITION AND ANTIDOPING SESSION

Geetanjali Bhide – in this session nutritionist covered three key topics: pre-match nutrition intake, post-match intake, and intake to be consumed depending on training intensities.

Dope free products –she focused on the supplement aspects and guided the athletes with necessary information regarding the product purchase.

We also had a Ms.Usha from Nada – an organization responsible for promoting and co-ordinating anti-doping efforts in sports in India. She guided athletes regarding the procedures for sample collection.

## FITNESS TEST AND MUSCLE AND JOINT SCREENING FOR ATHLETES

MAHENDRA GOKHALE – fitness test was conducted for our athletes for sports performance evaluation, it helps athletes identify their strengths and weaknesses, set goals, and monitor progress.

NIKHIL LATEY - important component covered regarding injury prevention for athletes. By identifying any imbalances or weaknesses in the musculoskeletal system, athletes can address potential issues before they become more serious injuries and optimize their performance on the field.



## MOTIVATIONAL SESSION -GOALETE



Vickrant Mahajan –Motivational Speaker shared several examples of successful sports personalities who achieved their goals by setting clear objectives and working towards them with determination and focus. He also highlighted the importance of staying motivated and focused on one's goals, even in the face of obstacles and challenges.

The Session was found to be very informative, engaging, and inspiring. Our athletes expressed gratitude for the practical tips and advice shared by the speaker, and said they felt motivated to take action towards their own personal and professional goals.



# ATHLETE FELICITATION



# AWARD WINNER ATHLETES



## DEVIKA GHORPADE

MOST CONSISTENT PERFORMER OF THE YEAR  
Gold in World Youth Boxing Championship 2022



## ALIFIYA PATHAN

BREAKTHROUGH PERFORMER OF THE YEAR  
Gold in Senior Asian Boxing Championship 2022



## SUHANA SAINI

RISING STAR ATHLETE OF THE YEAR  
Bronze Doubles in World Youth Championship -2022



## SAJAN BHANWAL

PATH BREAKER PERFORMER OF THE YEAR  
Bronze in U-23 World Wrestling Championship



## SHRAVANI LAVATE

AGAINST ALL ODDS AWARD  
Silver in Sub-Junior Asian Championship 2022



## SUNIL KUMAR

PATH BREAKER PERFORMER OF THE YEAR  
Bronze in U-23 Asian Championship 2022



## SIMRANJIT KAUR

VALUABLE CONTRIBUTION TO THE SPORT  
Tokyo Olympic Participation



## ASHISH KUMAR

VALUABLE CONTRIBUTION TO THE SPORT  
Tokyo Olympic Participation



# Media Coverage

पुणे : शिव दंडावत वंशीजी यांच्या नेतृत्वाखाली एशियन चॅम्पियन्सशिप 'लक्ष्य' या संस्थेने १२ नव्या खेळाडूंची पारिबा बारा खेळाडूंना पारिबा



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## Lakshya's backing turned out to be lucky for me, says Alfiya

Lakshya's backing turned out to be lucky for me, says Alfiya. After an illustrious radiation to senior level, it's international honor Alfiya Pathan has been taken home by Lakshya Sports NGO. The not-for-profit organization will support Alfiya's only international tour for 60 players across sports disciplines in the country. With Lakshya's backing, she won the world champion title at Asian Championships held in her home town, Mumbai. Alfiya will now be able to focus on her game. "I am glad that an honor as Alfiya Foundation took me to national award for sports promotion, will be supporting Alfiya in various facets like fitness enhancements, mental conditioning, injury management, handling for personal and international touring training. Informed founder vice-director secretary of the NGO, Harshad Morde, director of a company that will sponsor Alfiya, said, "We are doing our bit as a company to see India on top in sports and we are happy to support a player like Alfiya who has broken all barriers as a young player. She should be celebrated and helped to achieve all her goals and dreams," said Morde. In 2022, Alfiya won the Asian Women's Boxing Championship in Mumbai. She is now focusing on her game. "I am glad that an honor as Alfiya Foundation took me to national award for sports promotion, will be supporting Alfiya in various facets like fitness enhancements, mental conditioning, injury management, handling for personal and international touring training. Informed founder vice-director secretary of the NGO, Harshad Morde, director of a company that will sponsor Alfiya, said, "We are doing our bit as a company to see India on top in sports and we are happy to support a player like Alfiya who has broken all barriers as a young player. She should be celebrated and helped to achieve all her goals and dreams," said Morde.

## Alfiya's Lakshya: Asian C'ship gold

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## 75 किलो वर्ग में आने की योजना के साथ आगे बढ़ना है : अल्फिया

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## सामना

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# JUNIOR WORLD CHAMPION BOXER ALFIYA PATHAN GETS LAKSHYA - MORDE PUNCH



Nagpur Based talented Indian female boxer Alfiya Pathan's boxing journey got a major Punch with National Sports Award for Sports Promotion award winning Sports NGO Lakshya and Pune based International Chocolate Manufacturers Morde Foods announcing their support to enhance her career. Mr Harshad Morde, Director of Morde Foods whose company will sponsor Alfiya said that, "Alfiya is special and any help at this crucial juncture of her career will help her to become a world beater, She has a solid record of winning Gold Medal at Elite Asian Women's Boxing Championship held Jordan- 2022, Gold at Elorda cup International Boxing Tournament held Nur-Sultan -2022, Gold Medal in Youth Women's World Championship held Poland- 2021 and Gold Medal in Asian Women's Boxing Championship held Dubai UAE- 2019 apart from being named as the best boxer at the World Youth Boxing Championship 2021 proves her mettle



# THANKS TO YOUR SUPPORT

