

Volume  
#1

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**Pro Sport Development  
Khel Vikas**



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## It's Competition Season!

### Weightlifting

#### Odisha State Youth & Junior WL Championships

10 Khel Vikas athletes took part, winning a total of 8 medals, including 3 Gold. 5 qualified for the National competition.

A special mention to Tukuni Badamundi & Prasad Mohanty who broke a total of 6 state records!

#### School State WL Competition

8 Khel Vikas athletes participated; 5 won Gold and qualified for School Nationals.

#### Open National Youth & Junior WL Championship

4 Khel Vikas weightlifters, 3 of them girls, competed at the event, all finishing in the top 10. Tukuni Badamundi finished an impressive 5<sup>th</sup>!

### Athletics

#### School District Competition, Ganjam

16 Khel Vikas athletes participated, winning a total of 25 medals (13 Gold, 7 silver, 5 Bronze).

Kankia School won the District School Championship, with 4 individual champions.

6 Khel Vikas athletes were selected for the State School Competition in Mayurbhanj.

### Kankia School Sports Day

The Khel Vikas team helped organize the 32<sup>nd</sup> Annual School Sports Day at Kankia School.

Along with the traditional track & field events, this edition witnessed badminton and volleyball competitions..

**Check out our YouTube video for exciting coverage of the Sports Day:**

<http://youtu.be/iWNN2a3XpNk>



District Schools Athletics Champions 2013/2014

# Highlights

Kankia School Weightlifting Academy produces excellent results in all competitions

Kankia School athletes win a total of 25 medals in the School District Athletics Competition

Khel Vikas educates young weightlifters in their first Effective Nutrition & Anti-Doping Seminar

Khel Vikas successfully organizes Kankia School's Annual Sports Day

## National Youth Weightlifting Championships 2013



Archana Pradhan taking centre stage at the Youth Championship

## Athlete of the Month!



**Name:** Susanta Sabar

**Sport:** Athletics

**Achievements:** 3 Gold Medals & Individual Champion at School District Athletics.

3 Gold Medals Best Senior Athlete at Kankia School Sports Day.

## New Team Members

1. **Tempa Hansda** - P.E Teacher & Sports Coach
2. **Santosh Das** - Kabbadi & Kho-Kho Coach
3. **Matt Hobson** - Events & Volunteer Co-ordinator
4. **Steven Dass** - PR & Communications Intern

For more details visit:

<http://prosportdev.in/khevikas-volunteers>

## Recent Events/Developments

### Effective Nutrition & Anti-Doping

First ever Effective Nutrition and Anti-Doping Seminar held for 50 Odisha Weightlifters.

Event supported by Mumbai based nutritional company, Unlimited Nutrition.

**Watch our YouTube video for the highlights:**

[www.youtube.com/watch?v=9cyx7WVsb7A](http://www.youtube.com/watch?v=9cyx7WVsb7A)

### Kankia School Sports Infrastructure

One Volleyball & Two Badminton courts completed in November; being regularly utilized for PE and after school programs.

### Koinpur School Sports Program

Full-time sports program started at Gram Vikas' Koinpur School; permanent PE teacher now in place.

## Media Reports

Odisha State Weightlifting Competition:  
[www.sportanddev.org/?6371/Odisha-State-Weightlifting-Competition](http://www.sportanddev.org/?6371/Odisha-State-Weightlifting-Competition)

The Effective Nutrition & Anti-Doping Seminar and Workshop:  
[www.sportanddev.org/en/connect/myinfo.cfm?6496/Pro-Sport-Development-educates-young-athletes-on-nutrition-and-anti-doping](http://www.sportanddev.org/en/connect/myinfo.cfm?6496/Pro-Sport-Development-educates-young-athletes-on-nutrition-and-anti-doping)

SportsKeeda's interview with Suheil Tandon – Making a change in India's sporting culture:  
[www.sportskeeda.com/2013/12/11/interview-pro-sport-development-making-a-change-in-indias-sporting-culture/](http://www.sportskeeda.com/2013/12/11/interview-pro-sport-development-making-a-change-in-indias-sporting-culture/)

State School WL Competition:  
[www.sportanddev.org/en/connect/myinfo.cfm?6499/Confidence-boost-for-Khel-Vikas-weightlifters-before-youth-national-competition](http://www.sportanddev.org/en/connect/myinfo.cfm?6499/Confidence-boost-for-Khel-Vikas-weightlifters-before-youth-national-competition)

**"Sport has the power to change the world."**

In loving memory of Madiba

## Upcoming Events/News

- School National WL Championships
- Gram Vikas 35th Founders Day – 22/01/2014
- Koinpur School Sports Program Developments
- Khel Vikas Coaching Courses
- New Sport Development interns