

Volume
#9

September
2014



Pro Sport Development
Khel Vikas



Website:
www.prosportdev.in

Social Media:
www.facebook.com/prosportdev
www.twitter.com/prosportdev
www.youtube.com/user/ProSportDev
www.linkedin.com/company/pro-sport-development

2nd Annual Khel Vikas Inter-Club (KVICT)

Pro Sport Dev organized its 2nd Annual Khel Vikas Inter-Club Weightlifting Tournament (KVICT) at the newly opened Centre of Excellence (CoE) at Gram Vikas Mohuda Campus on 24th of August.



65 participants representing four reputed weightlifting clubs from Berhampur along with the Khel Vikas academy have contributed towards the growth and success of the tournament. The Chief Guest for the event was Executive Director of Gram Vikas, Shri. Shubhasis Pattnaik, who was joined by Founder & Ex-Director of Gram Vikas, Shri. Joe Madiath and Vice-President of Indian Weightlifting Federation, Shri. Narayan Sahu.



The Khel Vikas Academy lifters made most of the day by winning six of the available twelve medals. Tukuni Badamundi and Arun Santa both won gold medals in senior girls' and boys' category respectively and also the special prize for doing the heaviest lifts of the day. Furthermore, Baidehi Majhi won bronze in the senior girls' category.

In the junior girls' competition, all three medals were won by Khel Vikas lifters Santi Lata Nayak, Jyoti B'mundi and Kanchana B'mundi.

New Team Members

Santosh Sahu– Admin & Sustainability Co-ordinator

Soumya Mitra– Events & Operations Intern

Kranthi Musunuru– Fundraising & Sustainability Intern

For more details visit:

<http://www.prosportdev.in/staff>

Highlights

2nd Annual Khel Vikas Inter-Club Weightlifting Tournament 2014

Nutritionist support at Khel Vikas

Ketto Campaign launched to aid the WL Excellence Programs

Senior lifter Tukuni Badamundi asserting a strong catch position



Athlete of the Month!

Name: Pushpa Badamundi
Sport: Weightlifting

Shown continuous commitment to learn and enhance upon her technical lifting which helped her to do a 28 kg snatch PB and a 36 kg C+J PB at the recent Inter Club Tournament



Khel Vikas gets Nutritionist Support

Pro Sport Dev availed the services of David McGuinness, a Nutritionist & Personal Trainer from Ireland, to work on the athlete's diet and formulate a nutrition plan which would contribute to improve the athlete's performance. David assessed the effectiveness of the current nutrition at Khel Vikas, suggested changes to improve the diet and helped with strategies used in pre-competition, with a specific focus on weightlifting.

David, speaking on his role, said "Working for PSD has given me the opportunity to make a real difference in the lives of the athletes. The food we eat will often be the difference between winning and losing and I'm confident that the revised nutrition program will yield the desired results"

David has worked alongside our suppliers and kitchen staff to put a new program in place to support the development of our young athletes and enable them to achieve their potential.

Recent Events/Developments

Independence Day Celebrations

As part of the Independence Day Celebrations, Pro Sport Dev organized a volleyball competition between the Khel Vikas academy senior & junior teams, the school staff and the Khel Vikas staff at Kankia School, which also served as pre-season games.

Rudhapadar School also organized its first athletics competition of the year as part of the Independence Day Celebrations.

Khel Vikas launches a Campaign on Ketto to support the WL Programs

Long-time supporter, Kanika Bhatia, has launched a crowd-funding campaign on Ketto, lending her support to the Khel Vikas project. She aims to raise funds to provide the necessary nutrition supplements required by the weightlifters to train at their maximal capacity, and provide a well-rounded diet to perform well at National Competitions this year.

To Support the Cause, visit:

http://www.ketto.org/campaign/campaign_details.php?fmd_id=264#.U7qbdKSyWz

Media Reports

State Badminton Championships '14

<http://www.sportskeeda.com/badminton/kankia-academy-girls-take-confidence-from-their-state-championships14-performance>

Kabaddi Fever in Thuamul Rampur School

<http://www.sportanddev.org/en/newsviews/news/7248/1/Kabaddi-reinvents-itself-in-Khel-Vikas-Thuamul-Rampur-School-Odisha>

2nd Annual Khel Vikas Inter-Club Weightlifting

<http://www.sportskeeda.com/weight-lifting/khel-vikas-to-host-annual-inter-club-weightlifting-competition>

KVICT Event report

<http://www.sportskeeda.com/weight-lifting/khel-vikas-academy-weightlifting-competition>

For a full catalogue of media articles from this month, please visit

<http://www.prosportdev.in/press>

Upcoming Events/News

- Khel Vikas 5K Run
- Beginners Weightlifting Camp at Kankia
- Communications, Sport Coaching and Sports Management interns to join the Khel Vikas Team
- Start of Centre of Excellence programs