

INDIAN BLIND SPORTS ASSOCIATION



ANNUAL REPORT

2020-21

Established in 1986 as an initiative of the Blind Relief Association, Delhi to work at national level for the promotion of blind sports, the Indian Blind Sports Association (IBSA) entered into its 35th year of glorious existence in 2021. This report seeks to record the activities and growth of the Association during the year 2020-21.

MEMBERSHIP

As on 31 March 2021, IBSA had a total of 241 affiliate institutional members from 27 states and union territories. The reach of IBSA has been extending year by year, with four new affiliates joining the Association this year.

- Kala Sanjeevan Foundation, Mumbai
- N.F.B. Maharashtra, Pune
- Thenthuli Trust, Chennai
- Atmadeepam Society, Nagpur

The onset of the COVID 19 pandemic in the country and the subsequent national lockdown imposed in March 2020 brought to halt the events, camps and competitions planned by the Indian Blind Sports Association for the year. However, with the available resources, the Association and its affiliate organizations conducted innovative online and offline events as recorded in this report.

ACTIVITIES

Run/ Walk for FLO Kanpur

Established in 1983, FLO is the women wing of the Federation of Indian Chamber of Commerce & Industry (FICCI) the apex body of industry and commerce in India. As an all-India organisation for women, FLO has 18 Chapters pan India of which Kanpur is one.

During the first wave of the pandemic, FLO Kanpur took the initiative to support supplements for the female visually impaired athletes of Indian Blind Sports Association (IBSA). The participants had to run or walk on any day between June 1-10 and upload their video and an image of the pedometer and donate Rs. 100 for every 100kms. A total of Rs.

2,20,000 was contributed to IBSA. The Association places on record its sincere thanks to Ms. Aarthi Gupta, FLO Kanpur for the help.

COVID-19 WEBINAR SERIES

The new normal caused by the pandemic became extremely challenging due the very nature of its existence which demanded strict physical distancing and a sudden yet massive adjustment in the lifestyle. For the visually impaired, this situation was much dire than the rest of the population in terms of the fact that sense of touch and feel are amongst the majorly used sensory receptors for day-to-day functioning. Keeping this in mind, the Indian Blind Sports Association collaborated with Blind Relief Association in organizing webinar series on topics which provided understanding about the COVID 19 pandemic and also stipulated ways for the visually impaired sportspersons to tackle it as well as concentrate on their physical and mental health. These webinars were held on Zoom but were also livestreamed on YouTube for a much wider reach of audience.

1. Webinar on Lockdown Home Workout for Visually Impaired Athletes

Date: 12 July 2020

Time: 3:00pm- 4:30pm

Speaker: Dr. Satyapal Singh (Dronacharya Awardee, Chief Coach of IBSA)

Dr. Satyapal Singh began his presentation by pointing out the problems faced by the para-athletes especially the blind athletes for whom it is impossible to do sports without using their sense of touch and feel.

He gave an introduction to para-sports and the classification of Para-Olympic summer and winter sports. He explained about the IPC Classification system that provides a structure for competition for people with impairments to ensure fair competition where winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able-bodied athletes. Classification is sport-specific because an impairment affects the ability to perform in different sports in different extents. As a consequence, an athlete may meet the criteria in one sport, but may not meet the criteria in another sport.

He shared the classification coding which is T11-13 for visual impairment. The World Para Athletics classification system serves two key purposes:

1. Determining eligibility - The system defines who is eligible to compete in World Para Athletics competitions.
2. Sport Class Allocation - The system describes methods for dividing eligible athletes into sport classes. The aim is that each class should consist of athletes who have impairments that cause approximately the same amount of activity limitation in the key athletic disciplines – running, wheelchair racing, jumps and throws.

Dr Satyapal provided a daily schedule for the athletes to follow during the lockdown as well as a specific routine for the visually impaired athletes along with a diet plan. He provided information on the various sporting events that take place in India as well as worldwide for the para-athletes to participate. He motivated the athlete viewers by giving a list of plethora of medals won by Para-Olympians from India. Ankur Dhama, Arjuna Awardee and the first visually impaired athlete to participate in Olympics shared his personal experience on the same lines.

Towards the end of the session, participants from Zoom and YouTube presented their questions to the speakers. The webinar ended with a note of thanks by Mr. Ramdas Shivhare, Member, IBSA.

Link: <https://www.youtube.com/watch?v=XyHlhrZInn8>

2. Webinar on Myths and Misconceptions about Sports Nutrition

Date: 28 July, 2020

Time: 3:00 PM – 4:00 PM

Speaker: Dr. Vikram Singh (Senior Physical Educator - Jawaharlal Nehru University)

In the backdrop of the pandemic which made the entire world understand the importance of a healthy body and mind, this webinar was organised to talk about the myths and misconception about sports nutrition. The speaker was Dr. Vikram Singh, the Senior Physical Educator at JNU. He has earned multiple awards and honours on various national and international platforms.

His presentation majorly covered the topics listed below:

- Difference between diet and nutrition
- Analysis of importance of nutrition for general public in comparison to sportspersons
- Understanding calories and nutrition
- Importance of exercise and proper nutrition
- Concept of female athletes' triad
- Knowledge of hormones and weight loss nutrition

He presented multiple research analysis and surveys on how nutrition is one of the most important concepts in bringing a concrete positive change in not just the life of athletes but also among general population. He spoke about metabolism rates and understanding of

how nutrition less diet can create major issues in the life of people, for example low energy, menstrual cycle irregularities, etc.

Some of the myths /misconceptions while planning diet, as pointed by Dr Singh were:

- “Calorie in/ Calorie out, all that matters is weight loss”- This myth is associated with problems like hormonal disbalance, endometriosis, bioidentical hormones and hypothyroid- Low BMR.

He also introduced the audience to metabolic adaption and explained how athletes should aim to minimize the change of these adaptations, adequately fuel performance and recovery during weight reduction.

- “High fat food is unhealthy”- Some high fat foods are extremely nutritious.
- “Breakfast is the most important day of the meal”- Contrary to the common belief, a late breakfast according to research is actually good for health.
- “You need to eat small, frequent meals for optimal health”- Research says that it is best to have regular meals except on specific health condition or during pregnancy.
- “Non-nutritive sweeteners are healthy”- The intake may lead to type 2 diabetes.
- “Calcium supplements are necessary for bone health”- Natural sources of calcium like yoghurt, dairy products, etc. are recommended instead.
- “Everyone can benefit from pro-biotics”- This has to be personalized accordingly.

The webinar was open for a Q & A session, and questions from both the Zoom and YouTube audience were addressed. The webinar ended with a vote of thanks presented by Mr. David Absalom, Hony. General Secretary.

Link: <https://www.youtube.com/watch?v=GpkR8eMAK3A>

3. Webinar on the Lives of Blind Sportspersons

Date: 2 August 2020

Time: 3:00 PM – 5:00 PM

The webinar was organized by Blind Bankers of India in collaboration with Indian Blind Sports Association (IBSA). The Blind Bankers of India is an empowering group of chosen visually impaired bankers. The webinar answered the basic questions about how blind persons can get into sports, if a person can pursue sports as a full-fledged career, the

national and international sports for the blind, the provisions of government for PWD sportsmen. The panel for the discussion consisted of:

1. Mr. K. C. Pande, associated with the Blind Relief Association, Delhi for over 55 years, serving as Hony. Executive Secretary since 2005.
2. Mr. David A - Hony. General Secretary, Indian Blind Sports Association
3. Dr. Satyapal Singh - Chief Coach, Indian Blind Sports Association & Dronacharya Awardee
4. Mr. Ramkaran Singh - Arjuna Awardee 2012
5. Mr. Ankur Dhama - Arjuna Awardee 2018
6. Mr. Avnil Kumar - Bronze Medalist, Asian Para Games 2018
7. Ms. Nidhi Mishra - Asian Para Games Medalist and doctoral scholar at JNU
8. Mr. Ramanjee – Para-athlete and Silver medalist in Dubai Athletics Open Championships
9. Mr. Amit Malik - National blind sports player, officer in State Bank of India.

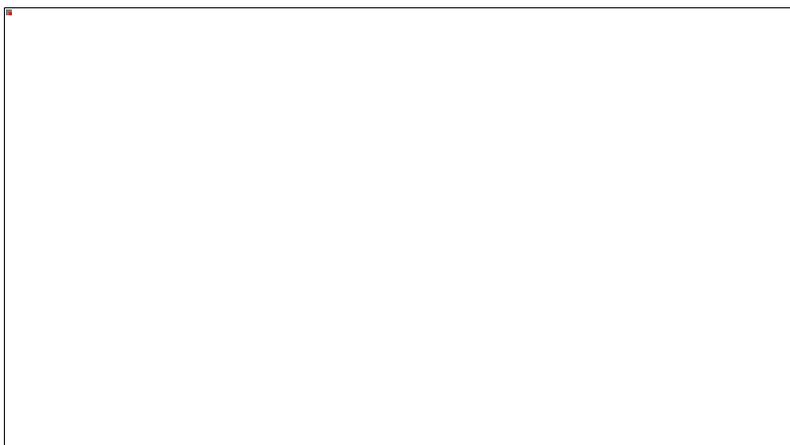
Link: <https://www.youtube.com/watch?v=vqH211Y-DBc>

9th National Blind Judo Championships

Lucknow, 18 - 20 March 2021

The 9th National Blind Judo Championships was organized by U.P. Blind and Para Judo Association under the auspices of Indian Blind and Para Judo Association at Badminton Hall, K.D. Singh Babu Stadium, Lucknow from 18 - 20 March 2021.

About 370 players, team managers, coaches, escorts, technical officials and volunteers took part from states such as Andhra Pradesh, Chhattisgarh, Telangana, West Bengal, Delhi, Rajasthan, Tamil Nadu, Madhya Pradesh, Maharashtra, Nagaland, Punjab, Jammu Kashmir, Haryana, and host Uttar Pradesh.



The event was inaugurated by Shri Mukesh Kumar Meshram, IAS, Principal Secretary, Tourism and Culture. Mr. Eshaan Naqvi, an International Badminton player and a

Bollywood star was the Guest of Honour at the Opening Ceremony. Other dignitaries present were Mr. Shashi Bhushan, IAS; Vishwa Bhushan, ADM, Protocol; Mr. K.L. Gupta, Ex. D.G.P., U.P. & Life President, U.P. Judo Association, and Mr. David A, Hony. General Secretary, IBSA.

For the very first time, Indian Blind and Para Judo Association had made arrangements to live stream the championships on Facebook.

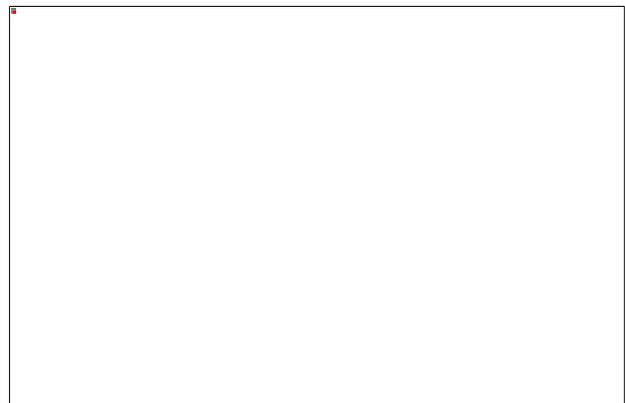
The championships was played in Sub–Junior & Junior (boys & girls) and Senior (men & women) categories with 38 Gold, 38 Silver and 76 Bronze in the Blind Championships.

CATEGORY	WINNERS	RUNNERS
Sub Junior	Rajasthan	Uttar Pradesh
Junior	Punjab	Uttar Pradesh
Senior	Haryana	Madya Pradesh

Overall team championship: Uttar Pradesh

Runners: Haryana

The Honourable Governor of Uttar Pradesh, Smt. Aanandiben Patel ji along with Shri Awanish Kumar Awasthi, I.A.S., Additional Chief Secretary to U.P. Govt. and Founder Chairman, Indian Blind and Para Judo Association, gave away the medals and trophies to the victorious players and declared the National Blind and Deaf Judo Championships closed.



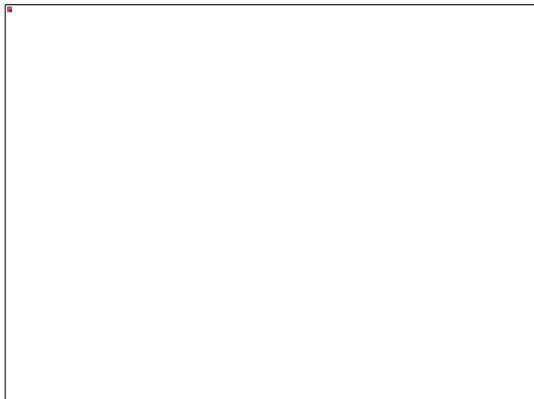
Belts were awarded to the girls practicing Judo at the Raj Bhawan, and all the volunteers of the championships were gifted by a mobile phone each by IBPJA.



Mr. Mukesh Kr. Meshram, IAS, President,

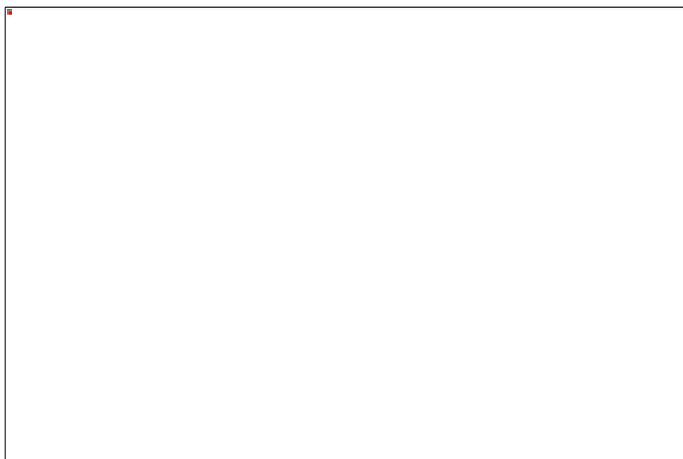
Indian Blind and Para Judo Association; Mr. Munawar Anzar, Founder General Secretary, Indian Blind and Para Judo Association; Mr. Mahesh Kumar Gupta, I.A.S., Chairman, U.P. Judo Association; Mrs Aesha Munawar, General Secretary, Deaf Judo Association of India; Mr. Sudhir Halwasiya, General Secretary, U.P. Blind and Para Judo Association; Mr Anup Gurnani, Treasurer, Indian Blind and Para Judo Association and Mr. Deepak Kumar Gupta, Treasurer, Deaf Judo Association of India were also present on this occasion.

Blind Football Demo Game



Indian Blind Football Federation (IBFF) conducted a blind football demo game at Campeones Sports City, Kochi, Kerala on 25 January 2020. The Demo Blind Football had Olympian Sreejesh (Indian Hockey Captain), MP Shri Benny Behanan and other dignitaries.

Blind Football Training Sessions for Players, Coaches and Referees and Demo Game



IBFF conducted a first-time training camp for blind footballers, coaches and referees in Nagaland on 15-16 February 2020 at the Don Bosco School Grounds, Dimapur, in partnership with the Disability Commissioners Office,

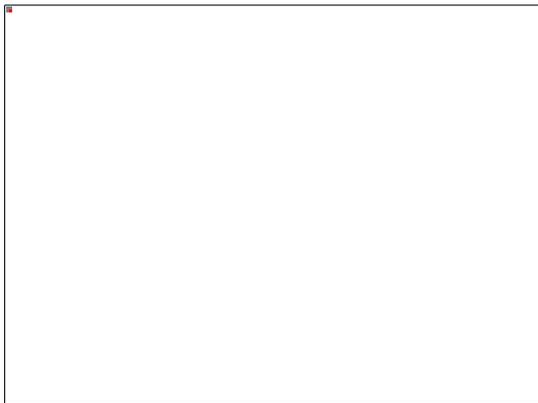
Nagaland, Prodigals Home and NSDF. The Dimpaur District Commissioner Mr. Anoop IAS inaugurated the closing ceremony and distributed the certificates to the 18 participants (8 girls and 10 boys) along with few coaches and referees from Nagaland. Mr. Sunil J Mathew led the training and theory sessions for players, coaches and referees.

Blind football training session at Siliguri

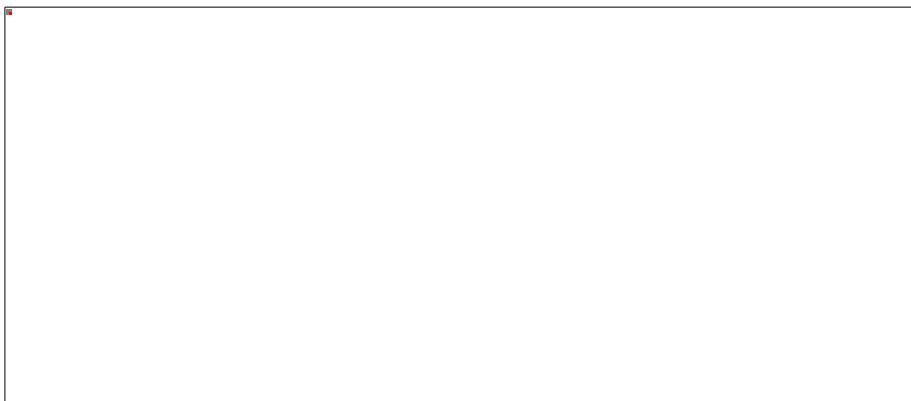
IBFF conducted blind football introductory training session at Bhimbhar School for the Blind, Siliguri. National coordinator Mr. Muhammed Rashad and academy player Mr. Anthony Samuel led the training sessions.

International Webinar Sessions

IBFF organized webinars on blind football related topics with the international players and coaches. Coaches and players from Germany, England, Brazil, Argentina, Japan, Australia and Thailand spoke on different topics about blind football. Mr. Ulrich Peisterer, Chairman, IBSA Blind Football Committee inaugurated the webinar session on 20 July 2020.



The First Women’s Blind Football Training Session And Demo Game



IBFF organized the first Blind Football Training Camp for Women players at the Gamma Football, Kochi,

Kerala. 20 women players from Maharashtra, Karnataka, and Tamil Nadu attended the session from 26 - 28 February 2021. The camp also had training sessions for women

coaches, goalkeepers and referees. DCP Ms. Aishwarya Dongre IPS inaugurated the camp and Mrs. Sheela Kouchoseph distributed the certificate to the participants.

COVID Support

The Indian blind football federation conducted a survey for the players to check their conditions during the pandemic. For the players who were not getting enough money to meet their basic needs, IBFF provided a monthly stipend. IBFF also supported a few organisations who were working under IBFF and provided head guards, boots and footballs (of the blind).

Football Field for the Visually Impaired

The Hony. General Secretary of the Indian Blind Sports Association, Mr. David A was invited to attend a meeting organized by the Asian Football Federation on 7 January 2019 in Abu Dhabi. The objective of the meeting was to construct a Blind Football Centre at New Delhi and upgrade 4 existing football grounds in Kolkata, Shillong, Guwahati and Madurai in the partnership of AFC, IBSA & IBFF. Members of the CSR Committee of the Asian Football Federation, and members of Indian Blind Football Federation and Indian Blind Sports Association were a part of the meeting.

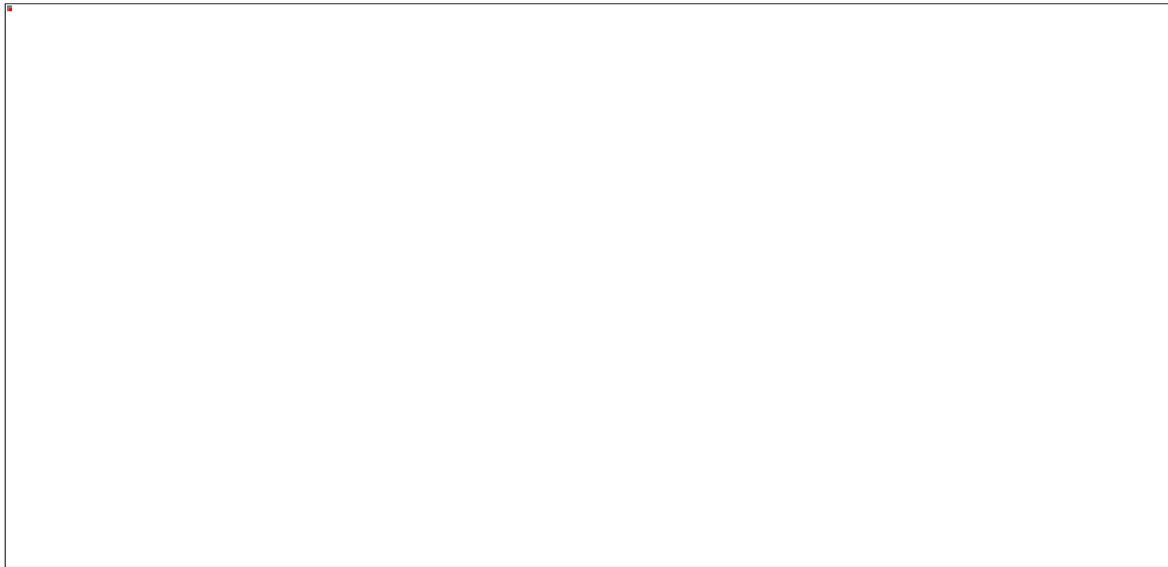
The members are as listed below

- Mr. Ahmed Eid S. Al Harbi - Director of CSR, AFC
- Mr. Colin Gobin - Director of Communications, AFC
- Mr. David Absalom - Hony. General Secretary, IBSA
- Mr. Sunil Matthew - Sporting Director, IBFF

At this meet, AFC came forward to fund the AFC- Praful Patel Blind Football Centre at Delhi in the premises of the Blind Relief Association which will be the centre in the Northern India for all blind football activities along with facilities to host tournaments, trainings and coaching for people with differing abilities. For this purpose, a budget of USD \$ 43,500 was

funded by AFC. This centre will benefit the school students of Delhi including JPM Senior Secondary School students and all the college students in Delhi and NCR.

The field is in the final stage of completion. The artificial turf, markings, goalpost and net are installed. The remaining works of installing the side kickboards will be completed by October 2021, post which the inauguration will be planned in discussion with AFC. A detailed plan of development of Blind Football in India and the utilization and self-sustenance of the field will be decided in partnership with AFC.



ACKNOWLEDGEMENT

The Indian Blind Sports Association gratefully acknowledges the valuable support received from the following organisations / institutions and individuals throughout the year.

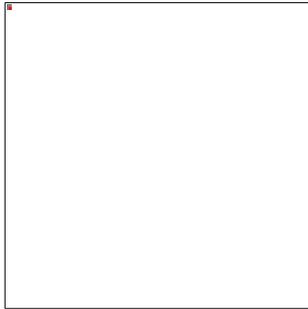
- Ministry of Youth Affairs and Sports



- Sports Authority of India



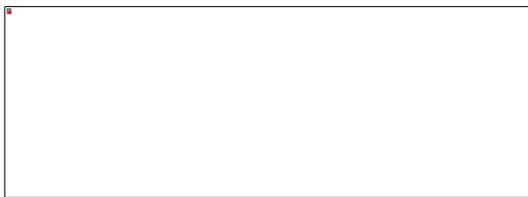
- Paralympic Committee of India



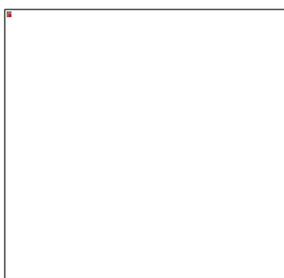
- International Blind Sports Federation



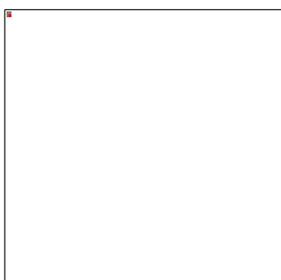
- Asian Football Confederation



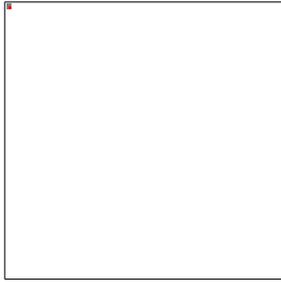
- The Blind Relief Association, Delhi



- FLO Kanpur



- Blind Bankers of India



- Dr. Tania Jain – Sight Classifier

Credit:

Indian Blind and Para Judo Association



Indian Blind Football Federation

