

SPORTS

RELIANCE FOUNDATION ATHLETES
LEAVE A LASTING IMPRESSION
AT COMMONWEALTH GAMES



MAP NOT TO SCALE

RFYC

Building Champions,
One Step at a Time

**OLYMPIC
SCHOLARSHIP**

Powering India's
Next Olympians

RFDL

Beyond Borders,
Beyond Limits

RF ATHLETICS

Athletics Excellence

RELIANCE FOUNDATION ATHLETES LEAVE A LASTING IMPRESSION AT COMMONWEALTH GAMES >>>

Reliance Foundation supported athletes showed resilience and shone bright in Glasgow, ending the Commonwealth Games with a haul of two silver and one bronze medal for, helping India achieve a totalcredible 4th place in the medal tally of three medals.

What made the medals even more special was their historic nature.

Murali Sreeshankar repeated his silver winning feat from the previous edition to continue his remarkable comeback from his career threatening knee injury before the Paris Olympics. He became the only Indian in history to win multiple long jump medals at the Commonwealth Games.

Lovlina Borgohain added to her burgeoning list of medals with a silver and became just the 3rd Indian boxer ever after Mary Kom and Vijender Singh to medal at the big four events: Olympics, World Championships, Asian Games and Commonwealth Games. She suffered a close loss in a highly competitive final to Australia's Emma-Sue Greentree.



Tejaswin Shankar cemented his reputation as one of India's greatest athletes and arguably India's best all round athlete with a bronze in the decathlon, India's first ever in the event. He became the 1st Indian ever to medal in multiple disciplines at the Commonwealth Games, after his high jump medal in the 2022 Birmingham Games. His exemplary grit and resilience stood out as he broke his own bests in the decathlon despite having pulled out from the high jump event earlier in the Games with a knee injury.

Other notable performances came from Aadarsh Ram (men's high jump) and Lokesh Sathyanathan (men's long jump), who both finished fifth as well as Tejas Shirse (men's 110m hurdles) and Yashas Palaksha (men's 400m hurdles), who finished 8th in the finals.

Animesh Kujur also made the semifinals of the men's 200m event by winning his heat in a creditable display. With most of these athletes also in action at the Asian Games in Aichi Nagoya later this year, their displays here will leave them with a lot of confidence and learnings to win more glory for the nation.



RELIANCE FOUNDATION DEVELOPMENT LEAGUE: BEYOND BORDERS BEYOND LIMITS>>>

RFDL JAPAN TOUR 2026: **INDIA'S BEST YOUTH FOOTBALL TEAMS COMPETE IN JAPAN**

The Reliance Foundation Development League (RFDL) Japan Tour 2026 brought together three of India's leading youth football clubs—Bengaluru FC, FC Goa, and Punjab FC—for an immersive football experience in Japan from 11 to 23 July 2026. The tour provided players and coaches with invaluable international exposure through high-quality competition and technical exchange.

Representing the best of India's emerging football talent, the three clubs competed against some of Japan's top teams across different levels of the country's football pyramid. Bengaluru FC and FC Goa faced Sagan Tosu, Avispa Fukuoka, and Giravanz Kitakyushu, while Punjab FC took on Avispa Fukuoka, Giravanz Kitakyushu, and Shimonoseki Baleine.

Each team played three competitive fixtures, gaining first-hand experience of Japan's fast-paced style of play, tactical discipline, and high-performance football environment.





Bengaluru FC enjoyed an unbeaten campaign, registering regulation-time victories over Giravanz Kitakyushu and Sagan Tosu before defeating Avispa Fukuoka in a penalty shootout. FC Goa secured a regulation-time win against Giravanz Kitakyushu and pushed both Sagan Tosu and Avispa Fukuoka in closely contested matches. Punjab FC also impressed with regulation-time victories over Avispa Fukuoka and Giravanz Kitakyushu before narrowly losing to Shimonoseki Baleine in a penalty shootout.

Beyond the matches, six coaches from the participating clubs attended an immersive Coaches' Workshop, reinforcing Reliance Foundation's commitment to developing the ecosystem. The programme featured sessions led by technical experts from FC Machida Zelvia and Avispa Fukuoka, providing valuable insights into Japanese coaching methodologies, player development systems, and high-performance practice sessions.

The RFDL Japan Tour reflects Reliance Foundation's continued commitment to creating meaningful international opportunities for players and coaches alike. By combining elite competition with global learning experiences, the initiative continues to strengthen the pathway for young Indian footballers and contribute to the long-term growth of Indian football.

RELIANCE FOUNDATION YOUNG CHAMPS:

BUILDING CHAMPIONS, ONE STEP AT A TIME >>>

July celebrated the RFYC journey, past and present, with the **Alumni Meet and Graduation Ceremony** held on **July 12, 13 and 14**. The Alumni Meet reunited former Young Champs through a technical fun circuit, career and education sessions led by RFYC departments, and breakout workshops covering sports psychology, sports science, and video analysis. Sessions on finance, contracts, taxation, and career planning equipped alumni for life beyond football. **Additionally, an evening fireside chat and keynote address by Punjab FC Captain and Indian Football Men's National Team Player, Nikhil Prabhu encouraged reflection and connection.** The celebrations concluded with the Graduation Ceremony, which recognized the outgoing batch as they embarked on the next chapter of their footballing journeys.



OLYMPIC SCHOLARSHIP SPOTLIGHT:

POWERING INDIA'S NEXT OLYMPIANS >>>

Reliance Foundation Archery High Performance Camp Strengthens Elite Athlete Preparation

JLN Stadium, New Delhi | 10–23 July

Reliance Foundation conducted its Archery High Performance Camp at the Jawaharlal Nehru Stadium, New Delhi, providing athletes with an integrated, science-led training environment ahead of key competitions.

Led by Olympian and Commonwealth Games medallist Rahul Banerjee, the camp combined technical coaching with advanced performance analysis, including Dartfish video review, 3D biomechanical and EMG assessments in collaboration with Rise Lab, IIT Delhi, and heart-rate monitoring to optimise performance.



Athletes also benefited from comprehensive support across sports psychology, physiotherapy, nutrition, and strength & conditioning. Daily mental skills sessions, individualized recovery protocols, personalised nutrition plans, hydration monitoring, and archery-specific strength programmes ensured a holistic approach to athlete development. Education sessions on recovery, sleep, competition nutrition, anti-doping, and independent training further equipped athletes with the knowledge to enhance long-term performance.

The camp reinforces Reliance Foundation's commitment to delivering world-class high-performance support and preparing India's archers to excel on the international stage.

12TH ASIAN AGE GROUP CHAMPIONSHIPS 2026 (17-15 JULY 2026) - SWIMMING

1 Bronze - Tanishi Gupta (Women's 100m Butterfly)

1 Bronze - Tanishi Gupta (Women's 50m Butterfly
- Best Indian Time)

1 Bronze - Tanishi Gupta
(Mixed 4x100m Freestyle Relay)

1 Bronze - Tanishi Gupta
(Women's 4x100m Medley Relay)

1 Bronze - Tanishi Gupta
(Mixed 4x100m Medley Relay - Best Indian Time)



Tanishi Gupta



HYUNDAI ARCHERY WORLD CUP STAGE 4, MADRID 2026 (7-12 JULY 2026) - ARCHERY

1 Silver - Taniparthi Chikitha
(Compound Women Team)



Taniparthi Chikitha

**POLYÁK IMRE, VARGA JÁNOS
& KOZMA ISTVÁN MEMORIAL
2026 (15-19 JULY 2026)
- WRESTLING**

1 Silver - Hansika (Women's Wrestling 55kg)

1 Bronze - Savita (Women's Wrestling 62kg)

**U23 SENIOR NATIONAL
WRESTLING CHAMPIONSHIP
2026, ROHTAK (9-12 JULY 2026)
- WRESTLING**

1 Gold - Ashvini (Women's Wrestling 68kg)

1 Bronze - Vaishnavi (Women's Wrestling 62kg)

1 Bronze - Shubham (Freestyle 61kg)



Hansika



Divyam Arora

**ALL INDIA SENIOR RANKING
BADMINTON TOURNAMENT
2026, CHENNAI
(16-13 JULY 2026) - BADMINTON**

1 Bronze - Divyam Arora (Mixed Doubles)

1 Bronze - Mohd Arsh (Men's Doubles)

RF ATHLETICS: ATHLETICS EXCELLENCE

ASIAN U23 ATHLETICS CHAMPIONSHIPS, ORDOS CHINA (09 JULY 2026) >>>

India secured an impressive **fourth-place finish at the Asian U-23 Athletics Championships 2026** in Ordos, China. Reliance Foundation athletes played a significant role in the nation's success, contributing seven medals to India's tally, comprising 2 Gold, 3 Silver, and 2 Bronze, highlighting the Foundation's continued commitment to developing world-class athletics talent.

1 Gold - Astik Pradhan
(4x400 Mixed Relay) 3:18.64s PB
1 Gold - Anand Singh
(Men's Javelin Throw) 80.57m PB



1 Silver - Shivaji Parashuram
(Men's 5000m) 14:08.19s
1 Silver - Astik Pradhan
(4x400m Relay) 3:04.24s PB
1 Silver - Shivaji Parashuram
(Men's 10,000m) 29:33.54s PB

1 Bronze - Bhartpreet Singh
(Men's Discus Throw) 52.91m
1 Bronze - Abhay Singh
(Men's 200m) 20.96s



PUMA FAST ARMS FAST LEGS, COMPETITION, WETZLAR GERMANY (10 JULY 2026)

Animesh Kujur clinched the silver medal in the Men's 100m with a personal best time of 10.14 seconds, recording the **fastest-ever 100m performance by an Indian on foreign soil and marking another significant milestone in Indian sprinting.**

1 Silver - Animesh Kujur (Men's 100m) 10.14s PB



MARK YOUR CALENDAR>>>

(8 - 16 August 2026)

**WTT Europe Smash -
Sweden 2026**

(22 August 2026)

**Indian Open World
Athletics Silver Level
Continental Tour,
Bhubaneswar, India**

(17 - 23 August 2026) -
Badminton

**BWF World
Championships
2026 India, Delhi**



SOCIAL SNAPSHOT



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