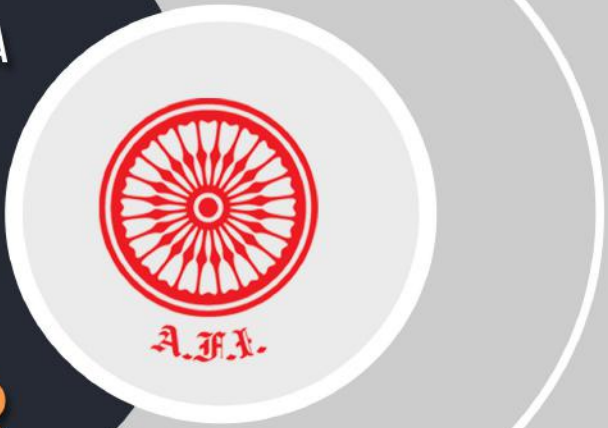


MAY  
2021  
NEWSLETTER



AFI WORKING TOWARDS FIELDING WELL-PREPARED ATHLETES IN TOKYO2020



The Athletics Federation of India is looking forward to its efforts bearing fruit by fielding around 30 well-prepared athletes in the Olympic Games in Tokyo, beginning on July 23. As many as 10 individual athletes and the 4x400m mixed relay team (four athletes and two alternates) have already secured qualification.

At the time of writing, a number of other athletes, including the men and women’s 4x400m relay squads, are well placed on World Athletics’ Road to Olympic Games 2020 rankings to secure tickets to the

INDIA’S OLYMPIC QUALIFIERS SO FAR

ATHLETE	EVENT
<b>MEN</b>	
Avinash Sable	3000m Steeplechase
Neeraj Chopra	Javelin Throw
Shivpal Singh	Javelin Throw
M Sreesankar	Long Jump
Sandeep Kumar	20km Walk
Rahul Rohila	20km Walk
KT Irfan	20km Walk
<b>WOMEN</b>	
Kamalpreet Kaur	Discus Throw
Priyanka Goswami	20km Walk
Bhawna Jat	20km Walk
<b>MIXED TEAM</b>	
4X400M RELAY	

Games when the World Rankings (Tops lists in case of the relays) are announced on July 1, 2021.



The coaching staff and the AFI are working day-and-night to help the athletes either secure qualification or consolidate their position on the Road to Olympic Games 2020 rankings so that there is no slip between the lip and the cup. The intention is to ensure that despite the hurdles placed by the second wave of the Covid-19 pandemic, get to Tokyo with the best preparation.



AFI is also mindful to try and provide international competition ahead of Tokyo2020 to those who have already qualified for the Olympic Games. For instance, after Javelin Thrower Neeraj Chopra showed an unwillingness to go to Croatia for his training, the Federation is working to get him to Finland or Sweden so that he can compete there. It is awaiting word from the Olympic Training Centre.

Similarly, after the Czech Republic’s Health Ministry declined Indians entry, 400m coach Galina Bukharina has indicated that the squad should travel to Bishkek, Kyrgyzstan, and Almaty, Kazakhstan for competitions.



OTHERS IN LINE TO MAKE QUALIFICATION

ATHLETE	EVENT	RANK	ENTRIES
<b>MEN</b>			
MP Jabir	400mH	24	40
Tajinderpal Toor	Shot Put	29	32
Relay	4x400m	14	16
<b>WOMEN</b>			
Dutee Chand	100m	41	56
Dutee Chand	200m	40	56
Annu Rani	Javelin Throw	18	32
Relay	4x400m	15	16
<b>OTHERS WHO CAN MAKE THE CUT WITH AN IMPROVED PERFORMANCE</b>			
Parul Chaudhary	5000m	45	42
Women’s Relay	4x100m	22	16



## COVID-19 DRIVEN TRAVEL RESTRICTIONS HIT INDIAN ATHLETES AHEAD OF OLYMPICS

Indian athletics team is hit hard by Covid-19 driven travel restrictions ahead of the Tokyo 2020 Olympics. Due to travel bans put in place by various countries, Indian athletes are currently unable to proceed with their training camps and competitions planned in advance by the coaches. The Indian relay squad missed the action at the World Athletics Relays

Silesia 21 on May 1 and 2 in Poland after the Royal Dutch Airlines (KLM) that was to fly the runners intimated that it would be unable to let them board the flight from Mumbai in the wake of the Netherlands government ban on passenger flights from India.

India's chief coach Radhakrishnan Nair

informed, "Most of the competitions and training camps were planned in Europe and Central Asian countries for sprinters, throwers and jumpers. We did this planning in advance but situation changed rapidly in mid-April. We are constantly trying now to find alternate venues and competitions for our athletes."

## LIST OF NATIONAL CAMPERS AS OF MAY 20, 2021

### NETAJI SUBHASH NATIONAL INSTITUTE OF SPORTS, PATIALA

#### MEN

(400m and 400m Hurdles)

Mohammed Anas Yahiya  
Noah Nirmal Tom  
Alex Antony  
Ayyasamy Dharun  
MP Jabir  
Arokia Rajiv  
Amoj Jacob  
Sarthak Bhambri  
Harsh Kumar  
Naganathan Pandi

(Shot Put)

Tajinderpal Singh Toor  
Om Prakash Singh

(Javelin Throw)

Neeraj Chopra  
Shivpal Singh  
Rajender Singh  
Rohit Yadav  
Rahil Silwal

#### WOMEN

(4x100m women)

Dutee Chand  
S Dhanalaxmi  
Archana Suseendran  
AT Danesawari  
Himashree Roy

(Discus Throw)

Kamalpreet Kaur  
Seema Punia

(Javelin Throw)

Annu Rani  
Sanjana Choudhary

(400m and 400m Hurdles)

Anjali Devi  
Hima Das  
M R Poovamma  
VK Viswmaya  
Kiran  
V Revathi  
Subha Venkatesan  
Shalini

### SPORTS AUTHORITY OF INDIA SOUTHERN CENTRE, BENGALURU

#### MEN

(400m and 400m Hurdles)

Ajay Kumar Saroj

(3000m Steeplechase)

Avinash Sable  
Balakishan  
Sankar Lal Swamy

(20km Walk)

KT Irfan  
Sandeep Kumar  
Vikas Singh

#### WOMEN

(800m, 1500m, 5000m and 10000m)

PU Chitra  
Lily Das

(3000m Steeplechase and Marathon)

Sudha Singh  
Parul Chaudhary

(20km Walk)

Bhawna Jat  
Priyanka Goswami

### MEDICAL COLLEGE GROUND, PALAKKAD

#### MEN

(Long jump)

M Sreeshankar

### PT USHA SCHOOL OF ATHLETICS, KOZHIKODE, KERALA

#### WOMEN

(400m)

Jisna Mathew



## SHOT IN THE ARM FOR JAVELIN THROWERS

India became the world's third nation after Germany and China to secure special machines to assist its Javelin Throwers develop their strength and speed. These will soon be installed in the Netaji Subhas National Institute of Sports, Patiala.

From early 2020, the Athletics Federation of India has been making a continuous effort to procure the equipment, but the outbreak of the pandemic delayed the process. Chief Coach Radhakrishnan Nair said this allows athletes to develop throwing strength that is very javelin specific and believes that the machines will surely benefit India's Javelin Throwers.

The Kraft Training Gerät (German for Strength Training Device) allows athletes to throw along an ideal trajectory with little risk of injury. The device sled weighs 3.8kg and can be loaded with as much as 10k for a maximum weight of 13.8k. The sled is thrown for maximum velocity, measured between two preset points, and captured after each throw.



Shivpal Singh training with KTG

## IN MEMORIAM

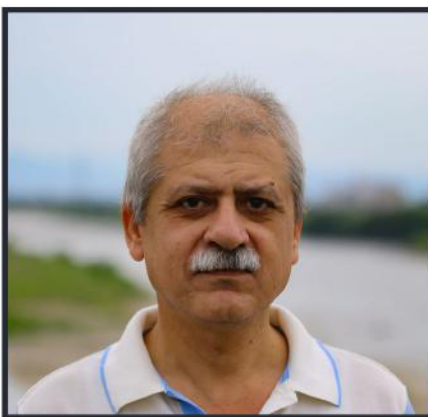


Dr. Mendiratta, 60, will always be remembered for his contribution to athletics. He led AFI's relentless fight against age-fraud and doping. He was also the architect of the no-needles policy. Soft-spoken and genial, Dr. Mendiratta will be missed by the athletics community.

Dr Mehndiratta was appointed the Chief Medical Officer by Indian Olympic Association for the Tokyo2020. He had accompanied Indian teams at various World Championships, Asian Games, Commonwealth Games and Olympics during his long career with Indian sports.

Athletics Federation of India lost three very committed friends in the past month. Associate Vice President Rajkumar Sacheti, Dr. AK Mendiratta, Chairman, Medical Commission, and Mr. TR Sharma both passed due to Covid-19 related complications.

Mr. Sacheti, 55, was associated with Indian Athletics since late 1980's. A well known personality in the Indian Sports, he was a seasoned professional who was part of the Organising Committees of 2010 Delhi Commonwealth Games, 2014 Lusofonia Games and 2016 South Asian Games. He was Associate Joint Secretary of Indian Olympic Association and was Executive Director of Boxing Federation of India



Mr. Sharma, 80, was part of the AFI office in Delhi for a long time, helping it digitise its records. A livewire, his enthusiasm to keep pace with the times was second to none and inspired everyone in the office to match his energy levels.

Mr. Sharma was also a certified Technical Official who was regular at various national and Delhi state level competitions. AFI condoles the passing of its three wonderful friends.

## INDIA'S NAGRAJ ADIGA ELECTED IN IAU COUNCIL

India's Nagraj Adiga has been elected as the Asia-Oceania Representative at the recently concluded 2021 International Association of Ultrarunners (IAU) Congress at which the IAU council elections were held. The pandemic caused the congress to be virtual and elections were held online from the 22 May 2021 onwards.

For the Asia-Oceania representative, voting was held over a 24-hour period on Wednesday-Thursday where a total of ten countries from Asia and Oceania region casted their online vote. Adiga, who was nominated for elections by the Athletics Federation of India, got elected by a margin of 7-3 against South Korea's Gilsoo Park



# HALL OF FAME

## SURAT SINGH MATHUR: THE FIRST FROM INDEPENDENT INDIA TO COMPLETE AN OLYMPIC MARATHON

The world remembers it as the 1952 Helsinki Olympic marathon as the one on which Emil Zatopek (Czechoslovakia) completed an unlikely treble, including 5000m and 10,000m. And India has reason to recall it as the one in which Surat Singh Mathur became the first from independent India to complete an Olympic marathon.

Chhota Singh, who dominated the Indian marathon scene by winning seven National titles in-a-row from 1942, dropped out before the 30km mark in the London Games in 1948. Of course, the likes of Phadeppa Dareppa Choughule and Sadashiv Datar had taken part in the 1920 Games, Mahadeo Singh in 1924 and CSA Swami in 1936 but they represented British India.

Surat Singh Mathur's first taste of an international event came in the 1951 Asian Games in Delhi after he finished second in the National Championship in Ludhiana. Chhota Singh drew on his experience to beat a fancied Japanese, Katsuo Nishida to the gold medal while Surat Singh Mathur took the bronze medal in a time of 2:53:49.8.

It was in 1952 that Surat Singh Mathur claimed the first of his two gold medals in the National Championships, winning in Chhota Singh's absence and earning the right to go to the Olympic Games as the India representative in the gruelling event.

Helsinki chose an out-and-back course, which meant that the strong tail wind in the first half challenged them on their way back. Barely 22, Surat Singh Mathur endured pain but finished 52nd in 2 hours 58 minutes 9.2 seconds, ahead of Italy's Artidoro Berti and ensuring that all finishers came home inside three hours in an Olympic marathon for the first time.

Chhota Singh returned the next year to set a National Record with a 2:33:24.4 run in the National Championship in Jabalpure (as Jabalpur was then known). After finishing third in that race, Surat Singh Mathur finally beat his formidable rival in Delhi in 1954, winning in 2:48:06.6, his personal best.

It is ample testimony to his determination that having won the National Championships marathon in Madras in 1952 when the redoubtable Chhota Singh did not race, Surat Singh Mathur's conquest in Delhi showed that his Madras victory was no flash in the pan. Unfortunately, the second Asian Games in Manila did not include the marathon in its schedule.

On the evidence of his two gold, one silver and one bronze in the National Championships, besides the Asian Games bronze, it can be said that he was pretty successful in his four-year stint at the top. The Delhi-based runner did not represent the country again, but he sustained his interest in the sport till the early 60s.



He was part of two Olympic Games torch relays, four decades apart, in Delhi. Having served as a teacher and a Headmaster, Masterji, as he was called, moved to being special coach in the Municipal Corporation of Delhi in 1977. He was honoured by the Olympic Council of Asia during the inauguration of its headquarters in Kuwait City in 2009.

Now 90, Surat Singh Mathur still engages in social activities in Majri Karala village, located in north-western Delhi. As recently as on Independence Day last year, he was the cynosure at the Flag-hoisting ceremony in his village where he is leading a quiet and contented life, feeding the peafowl which visit his home.

## FROM WORLD ATHLETICS

### JAPAN'S SEVEN WONDERS: TOKYO 1964 OLYMPIC GAMES

#### SETTING THE SCENE

Tokyo was chosen as the host city for the 1964 summer Olympic Games during the 55th IOC session in West Germany in May 1959. Tokyo defeated bids from Detroit, Brussels and Vienna. The athletics programme - which took place from October 14-21 - hosted 36 events with 24 for men and 12 for women.

#### BROKEN RECORDS

In a Games full of so many outstanding memories, eight world records were either broken or equalled. In the men's events Bob Hayes thundered down the track to equal the men's 100m record of 10.0 and later featured in the world record-breaking US men's 4x100m quartet (39.0). The US also took out the men's 4x400m world record (3:00.7). In the marathon, Abebe Bikila slashed more than a minute-and-a-half from the world record as he recorded a stunning time of 2:12.11.2 to retain his title.

British duo Anne Packer in the women's 800m (2:01.1) and Mary Rand in the long jump (6.76m) also broke world records en route to gold. Poland secured the women's 4x100m mark with a time of 43.6, while Irina Press of the Soviet Union claimed the pentathlon world record with 5246.

#### HEADLINE ACTS

The middle-distance star of the Games was Peter Snell, who emphatically retained his Olympic 800m title in an Olympic record time of 1:45.1 before taking the 1500m crown.

In so doing, the New Zealander became the first man since Great Britain's Albert Hill in 1920 to complete the Olympic 800m/1500m double.

The star of the men's sprints was Bob Hayes who won 100m gold and anchored the US men's 4x100m to victory. The aforementioned Abebe Bikila of Ethiopia created history as the first man to successfully defend an Olympic marathon title.

On the women's side, Romanian high jump great Iolanda Balas retained her high jump title and did so by a massive 10-centimetre margin from the silver medalist. Australia's Betty Cuthbert won the inaugural women's Olympic 400m title to add to the 100m, 200m and 4x100m golds she won at the 1956 Melbourne Games.





### HOME STARS

Kokichi Tsuburaya became a national hero as he earned Japan's first track and field medal for 28 years with bronze in the marathon. On the final day of the track and field programme, and running in only his fourth career marathon, he entered the stadium second behind gold medallist Abeba Bikila. Badly fatigued, Tsuburaya was passed on the final curve by Great Britain's Basil Heatley, but the Japanese runner, who earlier in the Games had finished sixth in the 10,000m final, managed to hold on to third place, ending Japan's Olympic track and field medal drought.

Unfortunately, injury cut short his career and in January 1968 he prematurely ended his own life. He was aged 27.

### LEGACY

The last Games to use a cinder track, the 1964 Tokyo Olympics will be remembered for many magical moments. It also marked a small step in the right direction towards equality between the men's and women's events as the Tokyo Games introduced a women's 400m and pentathlon for the first time.

Bikila's retention of his marathon title further cemented East Africa's growing influence over global endurance running. While the Games also witnessed the rising strength of East European athletes – particularly on the women's side – which would remain in place for more than quarter of a century.

The building of the National Stadium for the Games helped attract a slew of top-drawer international events to the venue, including – some 27 years later – the hosting of the 1991 World Athletics Championships.

### HOME STARS

One of the most exhilarating races in the Games came in the men's 10,000m as relative unknown Billy Mills of the USA stunned the world to strike gold. Competing against the highly-fancied world record-holder Ron Clarke of Australia and defending champion Pyotr Bolotnikov, Mills produced an electrifying late burst of speed to outspurt the opposition and take gold in an Olympic record of 28:24.4 – a time 46 seconds quicker than his previous best.

The Press sisters – Tamara and Irina – captured three gold medals between them as the Soviet siblings provide one of the chief storylines of the women's track and field programme. Tamara completed the shot and discus double while Irina claimed

victory in the inaugural women's pentathlon.

### INNOVATIONS

The 1964 Games were the first to be telecast internationally without the necessity for tapes to be flown overseas. It was also the first Games to have colour telecasts of some events.

Computers were used for the first time to record statistics, enabling athletes' performances to be shown on TV screens. Seiko made its debut as the official timekeeper of the Olympics. Linking the starting gun with a quartz clock and photo-finish camera, this made it possible to record times down to one thousandths of a second for the first time.

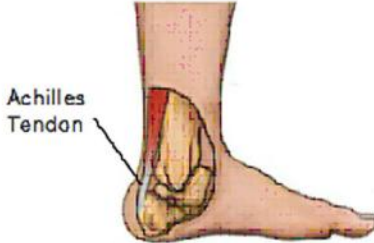
(Steve Landells for World Athletics [www.worldathletics.org](http://www.worldathletics.org))



## ACHILLES TENDINOPATHY IN RUNNERS AND IT'S REHABILITATION

(By Simoni Shah, Lead Physiotherapist for Senior National Camp)

The Achilles tendon is the long band of tissue that connects the calf muscles to the heel bone. It is a common tendon shared between the gastrocnemius and soleus muscles of the calf. It is the thickest tendon in the human body and has the capacity to withstand large forces.



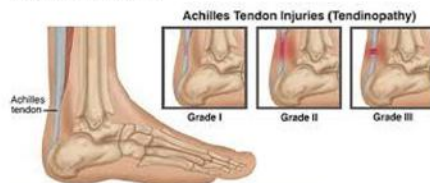
### USE OF ACHILLES TENDON?

Achilles tendon is involved in plantar flexion of the foot by the contraction of above muscles which helps to walk, run and even jump. It provides elasticity and shock-absorbance in the foot.

### WHAT IS ACHILLES TENDINOPATHY?

Achilles tendinopathy is an overuse injury linked to repetitive energy storage and release with excessive compression.

Cook and Purdum in 2009, proposed a theory for tendon pain called the tendon continuum; consisting of 3 stages: reactive tendinopathy, tendon disrepair and degenerative tendinopathy. They suggest that by reducing the load it may allow the tendon to return to the previous stage on the continuum.



### HOW COMMON IS IT?

- Observational data suggest that among competitive runners, the lifetime incidence of Achilles tendinopathy may be as high as 40 to 50 %.
- Competitive athletes with a high lifetime incidence of tendon rupture include sprinters (18%), decathletes (17 %), track and field jumpers (12 %).
- Some people experience severe pain from their Achilles tendon which stops them from doing their sport.

### WHAT ARE THE CAUSES OF ACHILLES TENDINOPATHY?

1. Low temperature training / Poor warm up
2. Acute overload / Rapid changed to load
3. Strength imbalance / Acute muscle fatigue
4. Poor vascularity- may result in slow healing rate following trauma
5. Altered lower limb biomechanics
6. Increased foot pronation
7. Lack of range of movement / Flexibility
8. Blunt trauma
9. Prolonged steroid use
10. Family history of tendinopathy
11. Inappropriate footwear

### MECHANISM OF INJURY:

- Acute Achilles tendon pain generally develops when athletes abruptly increase their activity (eg, runners who start training for a marathon).
- Chronic tendon pain (>3 months) may result from sustained stress, poor running mechanics (eg, supination, heel misalignment), or improper footwear or excessive pronation in Achilles tendinopathy among runners.

### WHAT ARE THE SYMPTOMS OF ACHILLES TENDINOPATHY?

1. Morning pain / Stiffness
2. Swelling
3. Pain located 2 to 6 cm proximal to the Achilles tendon insertion
4. Thickening of the Achilles tendon
5. Trouble standing on tiptoe
6. Pain settles during exercise or after warm up but after resting it may increase



### IS THERE A TEST FOR ACHILLES TENDINOPATHY?

- Limited Range of motion (Ankle dorsiflexion), Flexibility and strength.
- Functional test: Hops, heel raise endurance test.
- Investigations like Ultrasound and MRI can also be done to diagnose the condition. Seek professional help for correct assessment and advice.



## TREATMENT OPTIONS:

- The key goal of tendinopathy treatment is to improve the energy storage capacity of the tendon.
- Acute Phase: Complete rest is not indicated and athlete should continue with recreational activity within their pain tolerance to avoid atrophy while participating in rehabilitation like Swimming, Cycling, Aqua treadmill .
- Isometric Exercise: Depending on symptoms and tendon irritability, exercises can be performed with either double legs or a single leg isometric calf raises either mid or end of the range. Gentle calf stretch in pain free range.
- Isotonic exercise include calf raise develops strength in the muscle [with knee straight]. Heavy slow resistance training is equally as effective as eccentric training.
- Plyometric Phase: When the athlete has been progressing well with isotonic calf raise exercises, has very mild tenderness on palpation of the Achilles tendon, and has been able to tolerate light running without a flare-up in tendon irritability and aggravation of symptoms, can start with energy storage loading exercises which includes jumps and hops (double leg, single leg hop and single leg step hop).

### Other treatments include:

1. Cross friction tendon release- more effective in chronic stage.
2. Ankle mobilizations used for dorsiflexion limitation of the talocrural joint and subtalar joint restriction.
3. Extracorporeal Shock Wave Therapy (ESWT) in the chronic stage.
4. Antipronation taping with Rigid or Kinesio tape
5. Dry needling

## WHAT ARE THE PREVENTIVE STRATEGIES TO AVOID GETTING TENDINOPATHY AGAIN?

- Good warm up program including slow jog and then slowly increasing the pace. Active mobility exercises for hip and ankle joints.
- Avoid activity in cold weather. If needed, wear warm clothes and socks
- Wear the correct shoes for the sports or activity.
- Avoid running on hard surfaces.

## KNOW YOUR EVENT

### EVENT OF THE MONTH- SHOT PUT

#### Why is it called Shot Put and not a ball throw?

It is said that in the mid-19th Century, the British used a cannon ball, also called a shot, instead of the conventional stone to Put the Shot rather than the ancient discipline of Putting the Stone. A shot is an iron (or brass) ball that must be put rather than thrown and must not drop below the athlete's shoulder. The rules require the athlete to 'put' (shove) the shot without extending the throwing arm behind the shoulder.



Shot Put has been part of the Olympic Games from inception in 1896, with the women's event being added to the

Olympic schedule in 1948. The men's shot weighs 7.26kg (16 pounds) and is 110-130mm in diameter. The women's shot is 4kg (8.82 pounds) and is 95-110mm in diameter.

India has a rich history in the men's event, dating back to the inaugural Asian Games in New Delhi in 1951. It now has nine gold, three silver and seven bronze medals in the Asian Games besides eight gold, nine silver and 11 bronze medals in the Asian Athletics Championships since 1973.

### INDIA'S ASIAN GAMES SHOT PUT MEDALLISTS

#### Gold

Madan Lal (1951)  
Parduman Singh Brar (1954 and 1958)  
Joginder Singh (1966 and 1970)  
Bahadur Singh Chouhan (1978, 1982)  
Bahadur Singh Sagoo (2002)  
Tajinderpal Singh Toor (2018)

#### Silver

Dinshaw Irani (1962)  
Bahadur Singh Chouhan (1974)  
Shakti Singh (1998)

#### Bronze

Ishar Singh (1954)  
Joginder Singh (1962)  
Jugraj Singh (1974)  
Balwinder Singh (1982)  
S D Eashan (1990)  
Shakti Singh (2002)  
Inderjeet Singh (2014)

### INDIA'S ASIAN ATHLETICS CHAMPIONSHIPS SHOT PUT MEDALLISTS

#### Gold

Jagraj Singh Mann (1973)  
Bahadur Singh Chouhan (1975)  
Balwinder Singh (1985 and 1989)  
Shakti Singh (2000)  
Navpreet Singh (2007)  
Om Prakash Singh (2009)  
Inderjeet Singh (2015)

#### Silver

Gurdeep Singh (1973)  
Jagraj Singh Mann (1975)  
Bahadur Singh Chouhan (1981)  
Balwinder Singh (1983)  
Navpreet Singh (2002 and 2005)  
Shakti Singh (2003)  
Tajinderpal Singh Toor (2017 and 2019)

#### Bronze

Bahadur Singh Chouhan (1973, 1979 & 1985)  
Vijay Bahadur (1981)  
Iqbal Singh (1983)  
Balwinder Singh (1987)  
S D Eashan (1989)  
Shakti Singh (1995 and 1998)  
Om Prakash Singh Karhana (2011, 2013)

**TEST YOUR T&F KNOWLEDGE**

1. When and where will the Indian Grand Prix 4 and the National Inter-State Athletics Championships be held this year?
2. Is it true or false that persons eligible for the National Sports Awards 2021 can send applications themselves?
3. What is the last date for application for National Sports Awards 2021?
4. Why were the Indian teams unable to take part in the World Athletics Relays Silesia 21 in Chorzow. Poland, on May 1 and 2?
5. Who is the only man to have thrown the Javelin farther than Neeraj Chopra's 88.07m this year?
6. Name the athlete who became only the third athlete after Randy Barnes (USA) and Ulf Timmermann (GDR) to breach the 23m mark in men's Shot Put on May 22, 2021.
7. What is the ranking of the Indian men and women's 4x400m relay teams on the Road to Olympic Games 2020 list?
8. What was the late Dr. Arun Kumar Mendiratta's position in AFI when he passed away on May 21, 2021?
9. Which American sprint great, Olympic 400m champion, and a member of the Olympic Project Human Rights died on May 19, 2021?
10. What are the race specific benchmarks for men and women set by AFI for the IAU 24 Hour World Championships to be held on Bucharest, Romania, on October 2, 2021?

**WINNERS OF APRIL 2021 QUIZ CONTEST**

**\*Winners of April 2021 Quiz- Showmik Setta, Prabodha K Mohanty, Suranjan Roy**

**\*Send your replies to [communications@indianathletics.in](mailto:communications@indianathletics.in) by 15th June 2021.**

**Winners with all correct answers will receive an Exclusive AFI T-shirt**

**\*For correct answers of April 2021 quiz, visit [www.indianathletics.in](http://www.indianathletics.in)**