



# Annual Performance Report

## 2015-2016

Foundation for Promotion of Sports and Games

[www.olympicgoldquest.in](http://www.olympicgoldquest.in)



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## BOARD OF DIRECTORS



**Geet Sethi**  
(9 time Cue Sport World Champion,  
Padma Shri, Khel Ratna Awardee)



**Prakash Padukone**  
( Former All England Champion,  
Former world number 1  
Padma Shri, Arjuna Awardee)



**Viswanathan Anand**  
(5 time World Champion,  
Padma Vibhushan,  
Khel Ratna Awardee)



**Leander Paes**  
(18 time Grand Slam Champion,  
Padma Bhushan,  
Olympic Bronze Medalist,  
Khel Ratna Awardee)



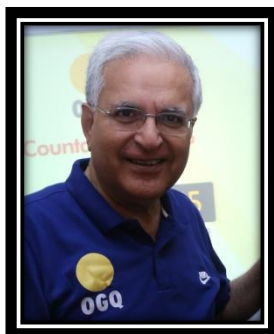
**Niraj Bajaj**  
(4 time National Table  
Tennis Champion, Arjuna Awardee,  
Director – Bajaj Group)



**Shitin Desai**  
(Chairman – DSP Blackrock  
Trustee Co. Pvt. Ltd.)



**R. Ramaraj**  
(Senior Advisor,  
Elevor Equity)



**Rakesh Khanna**  
(Co Founder,  
Ambit RSM, since retired)



**Neeraj Bharadwaj**  
(Managing Director,  
Carlyle India)



## **Geet Sethi**

9 time Cue Sport World Champion, Padma Shri, Khel Ratna  
Awardee Founder Director - Olympic Gold Quest

Dear Friends,

It's been an eventful twelve months. A year where the team at OGQ was focussed on all our athletes and their preparation for qualifying for the Olympics. 21 athletes supported by OGQ have qualified for the Rio 2016 Olympics.

I need to thank our generous supporters whose commitment to the cause of an athlete's Olympic medal winning performance has only got stronger over the last many years. I have always maintained that the medal represents pride and the performance is the means to reach that pride. On behalf of my entire board I thank each and every one of you who have 'given' with such emotion.

To the athletes who have qualified "do your best and you would have served yourself and your nation well". To those who have missed out "you tried your best and take solace in that"

To the doctors, physiotherapists, nutritionists, mental trainers, coaches and the 'always present team' at OGQ itself, so ably led by the committed and impassioned Viren - thank you for assisting our athletes to achieve their full potential.

We will all be slightly nervous as we follow our athletes at Rio. OGQ was started with hope and a positive attitude to make a difference so I end now with a hope in my heart and a smile on my face. May India better its own performance from the last Olympics.

***"It takes just 6 grams of Gold to lift the worth of a Nation."***

Warm Regards,

**Geet Sethi**



## Viren Rasquinha

Olympian, Arjuna Awardee, Former Indian Hockey Captain  
Chief Executive Officer - Olympic Gold Quest

Dear Friends,

As we enter the home stretch towards the Rio 2016 Olympics, I want to take this opportunity to reflect on this wonderful journey over the years for our athletes as they aim to conquer the world at Rio.

For some experienced athletes supported by OGQ like Gagan Narang (Shooting), Yogeshwar Dutt (Wrestling) and Vikas Gowda (Athletics), this will be their fourth Olympic Games. Saina Nehwal (Badminton) and Bombayla Devi (Archery) will be at their third Olympic event. But for most others, like shooters Jitu Rai and Apurvi Chandela, badminton star PV Sindhu and archer Laxmirani Majhi, this will be their first taste of the Olympic spotlight. But for all athletes, no matter whether it is their first or fourth Olympics, it is always a proud moment for them to represent their country at the ultimate stage of international sport.

When I represented India in hockey at the Athens 2004 Olympics, just to participate was an achievement. I am very glad that the mind set of today's Indian athlete has changed. They now genuinely believe that they can stand toe to toe with world class opponents and beat them and win a medal. This belief is borne out of better facilities, better support staff and better preparations. The government has tremendously increased the support and funding for our Olympic athletes. But we have to say a big thank you to all our OGQ supporters as well. Your support is crucial as it enables OGQ give personalised and quick attention to the holistic requirements of all the athletes.

Over the last 7 years, I've had the privilege of witnessing very closely this journey of blood, sweat and tears of our athletes. I am sure that there will be tears of sadness and tears of joy over the next couple of months. But one thing I can assure you, there will be no tears of regret that we did not give it our absolute best shot.

So let's get together and support all our heroes at Rio. We should never underestimate the power of a billion prayers and a billion hearts beating as one. Jai Hind!

***"It takes just 6 grams of Gold to lift the worth of a Nation."***

**Warm Regards**

**Viren Rasquinha**





## 1. Break up of athletes supported by Olympic Gold Quest in 2015-16

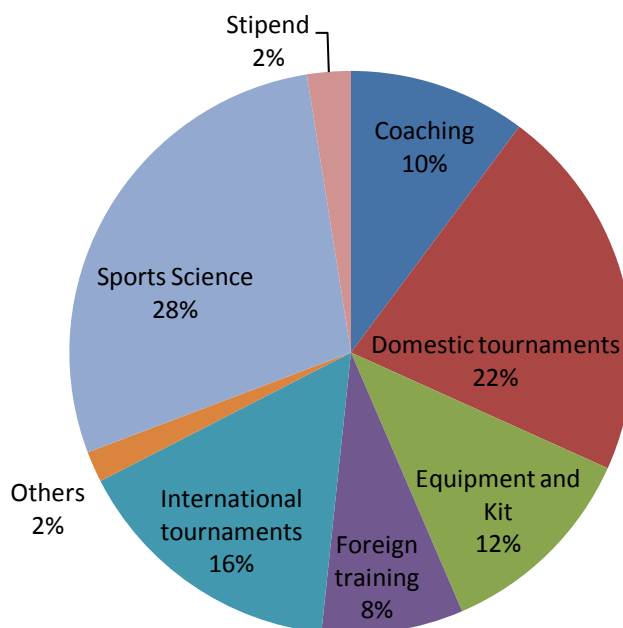
Sport	Athletes	Male	Female	Senior (M,F)	Junior (M,F)
Archery	12	7	5	9 (5,4)	3 (2,1)
Athletics	4	3	1	4 (3,1)	0
Badminton	11	7	4	5 (1,4)	6 (6,0)
Boxing	10	5	5	7 (4,3)	3 (1,2)
Shooting	28	15	13	21 (11,10)	7 (4,3)
Swimming	1	0	1	0	1 (0,1)
Table Tennis	2	0	2	0	2 (0,2)
Wrestling	9	9	0	4 (4,0)	5 (5,0)
TOTAL	77	46	31	50 (28,22)	27 (18,9)

## 2. Key Performances

- Saina Nehwal won the silver medal at the 2015 World Badminton Championships in Indonesia.
- The women's archery team of Deepika Kumari, Rimil Buriuly and Laxmirani Majhi won the silver medal at the 2015 World Archery Championships in Denmark.
- Shiva Thapa won a bronze medal at the 2015 World Boxing Championships in Qatar.
- Gagan Narang, Yogeshwar Dutt and Vikas Gowda have qualified for their 4<sup>th</sup> Olympics.
- 9 out of the 12 Indian shooters qualified for the 2016 Rio Olympics are supported by OGQ.
- All 4 archers representing India at Rio 2016 Olympics are supported by OGQ.
- 16 year old Siril Verma won the silver medal at the Junior World Badminton Championships in Peru.
- 18 year old Ravi Kumar won the silver medal in 55 kgs Freestyle at the Junior Wrestling World Championships in Brazil 2015.



### Break up of total spends on senior athletes for 2015-16



- **Coaching:** Expenses incurred for organizing coaching camps in India, training at academies, coaches fees, etc
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- **Stipend:** Monthly stipend to athletes used for nutrition, training kit and other training requirements
- **Others:** Other miscellaneous expenditure incurred during training and competitions.

# Athletes Qualified for Rio 2016

## Shooting



**Jitu Rai**



**Gagan Narang**



**Chain Singh**



**Apurvi Chandela**



**Heena Sidhu**



**Ayonika Paul**



**P N Prakash**



**Gurpreet Singh**

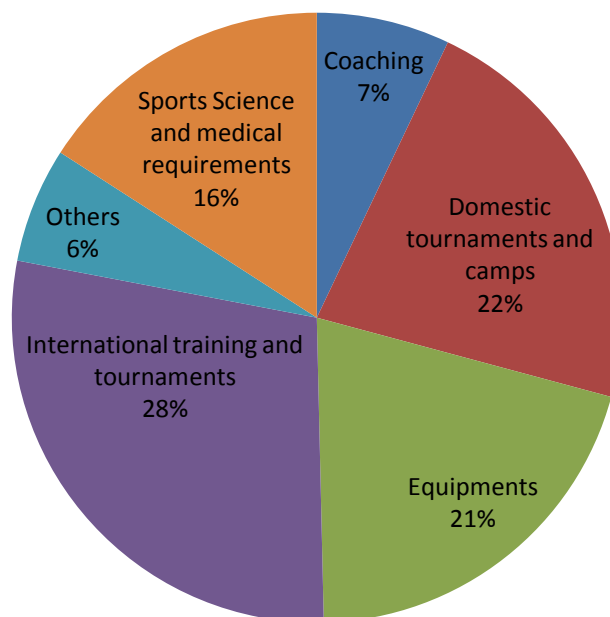


**Kynan Chenai**



# Break up of spends Shooting

## Percentage break up of total spends on all shooters



- **Coaching:** Expenses incurred for organizing coaching camps in India, training at academies, coaches fees, etc
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# GAGAN NARANG

**Event:** 10 m Air Rifle, 50 m Rifle Prone, 50 m Rifle 3 Positions

## Performance summary

- Bronze and Olympic quota – 50 m Rifle Prone - World Cup, USA 2015
- 5<sup>th</sup> – 10 m Air Rifle – World Cup, Azerbaijan 2015
- 8<sup>th</sup> – 50 m Rifle Prone – World Cup Final, Germany 2015

## How OGQ made a difference

- Support during participation for world cups and international tournaments with travel, accommodation and logistical support for visas
- Barrel and ammunition testing
- Sports science support involving psychologist, physiotherapist, physical trainer
- Shooting accessories for 3 rifle events.



# JITU RAI

**Event:** 50 m Free Pistol, 10 m Air Pistol

## Performance summary

- Gold – 50 m Free Pistol – World Cup, Thailand 2016
- Bronze – 10 m Air Pistol – World Cup, Korea 2015
- World Number 1 in 50 m Free Pistol

## How OGQ made a difference

- Logistics and sports science support for all domestic tournaments and camps
- Full time physiotherapist
- Accessories for free pistol and air pistol
- Sports apparel and medical supplements



# HEENA SIDHU

**Event:** 10 m Air Pistol, 25 m Sports Pistol

## Performance summary

- Gold – Asian Championships, Kuwait 2015
- Gold – Asian Air Gun – India 2015
- Gold and Olympic quota – Asian Olympic qualifying event – India 2016

## How OGQ made a difference

- Coaching and training in Germany
- Personal coach for all camps, trials, domestic and international tournaments
- Barrel testing and equipment support
- Full time physiotherapist.



# APURVI CHANDELA

**Event:** 10 m Air Rifle

## Performance summary

- Bronze and Olympic quota – World Cup, Korea 2015
- Silver – World Cup Final, Germany 2015
- Shot a finals world record score at Swedish Grand Prix 2016.

## How OGQ made a difference

- Support for international tournaments in Netherlands, Sweden and Germany.
- Air rifle equipment
- Full time physiotherapist and sports science support during camps and tournaments
- Physical trainer during training in India.



# AYONIKA PAUL

**Event:** 10 m Air Rifle

## Performance summary

- Bronze and Olympic quota – Asian Olympic qualifying tournament 2016
- Silver – Asian Air Gun , India 2015

## How OGQ made a difference

- Personalized support staff for international tournaments
- Personal coach for domestic and international tournaments
- Support of sports psychologist, physiotherapist
- Purchase of air rifle and scatt training system



# PRAKASH NANJAPPA

**Event:** 50 m Free Pistol, 10 m Air Pistol

## Performance summary

- 8<sup>th</sup> and Olympic quota – 50 m Free Pistol World Cup, Azerbaijan 2015
- Team Gold – 50 m Free Pistol – South Asian Games, India 2016

## How OGQ made a difference

- Purchase of pistols for both events – 50 m Free Pistol and 10 m Air Pistol
- Support staff during domestic camps and international tournaments
- Sessions with sports psychologist
- Medical tests and supplements



# CHAIN SINGH

**Event:** 50 m Rifle Prone, 50 m Rifle 3 Positions

## Performance summary

- 8th and Olympic quota – 50 m Rifle 3 positions World Cup, Azerbaijan 2015
- 3 Golds – South Asian Games, India 2016
- 6<sup>th</sup> – 50 m Rifle Prone – World Cup Korea 2015

## How OGQ made a difference

- Shooting equipment for 50 m Rifle 3 positions and 50 m Rifle Prone events
- Support staff during camps and competitions
- Sessions with sports psychologist
- Physical trainer during training camps.



# GURPEET SINGH

**Event:** 25 m Rapid Fire Pistol, 10 m Air Pistol

## Performance summary

- 4th and Olympic quota – 10 m Air Pistol World Cup, Germany 2015
- Gold – 25 m Rapid Fire Pistol – South Asian Games , India 2016
- 4<sup>th</sup> – 25 m Rapid Fire Pistol , World Cup, Germany 2015

## How OGQ made a difference

- Shooting equipment for both pistol events
- Scatt training system
- Sports science support – physical trainer and physiotherapist during camps and tournaments.
- Support during international tournaments





# KYNAN CHENAI

Event: Trap

## Performance summary

- 4<sup>h</sup> and Olympic quota – Asian Olympic qualifying tournament, India 2016
- 8<sup>th</sup> – Asian Championships, Kuwait 2015

## How OGQ made a difference

- Ammunition support
- Support staff – physiotherapist and physical trainer during domestic camps
- Sports science – medical supplements and blood tests

# Athletes Qualified for Rio 2016

## Badminton



**Saina Nehwal**



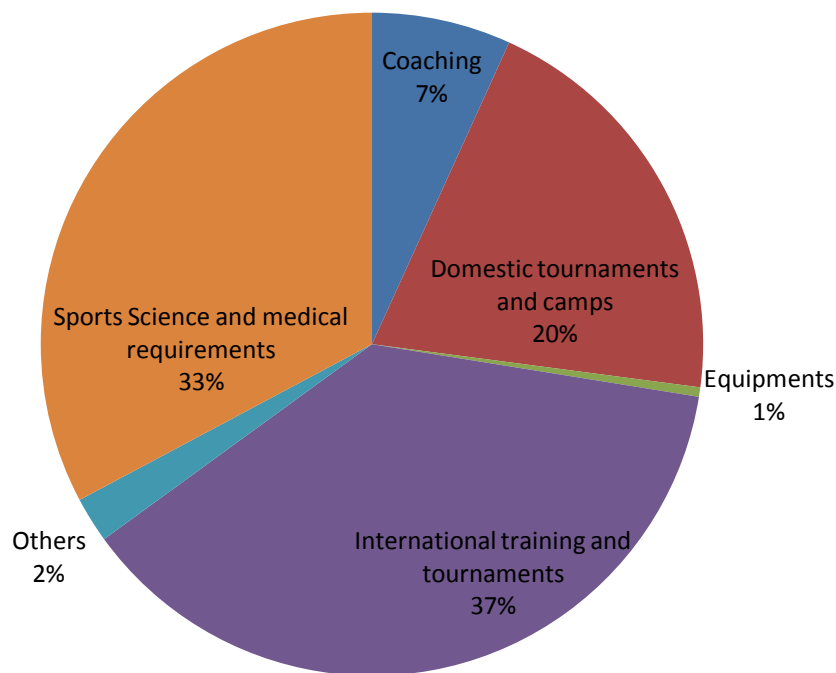
**P.V. Sindhu**



**Ashwini Ponnappa & Jwala Gutta**

# Break up of spends Badminton

## Percentage break up of total spends on all badminton players



- **Coaching:** Expenses incurred for organizing coaching camps in India, training at academies, coaches fees, etc
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# SAINA NEHWAL

Event: Women's singles

## Performance summary

- Silver – World Championships, Indonesia 2015
- Runner up – China Super Series Premier 2015
- World number 1 ranking

## How OGQ made a difference

- Support for accommodation and food and entire training at Bangalore
- Personal physiotherapist during camps and international tournaments
- Physical trainer during training and competition



# P.V. SINDHU

Event: Women's singles

## Performance summary

- Winner – Macau Grand Prix Gold 2015 – her third successive Macau title
- Winner – Malaysia Grand Prix Gold 2016
- Runner up – Denmark Super Series Premier 2015

## How OGQ made a difference

- Support staff for international tournaments
- Assistant coach at training base in Hyderabad
- Full time personal physiotherapist



# JWALA GUTTA

Event: Women's doubles

## Performance summary

- Semi finals – India Grand Prix Gold 2016
- Winner – South Asian Games, India 2016
- Cracked top 10 in world rankings

## How OGQ made a difference

- Support staff for international tournaments – personal physiotherapist and physical trainer
- Sports science support – testing and medical supplements



# ASHWINI PONNAPPA

Event: Women's doubles

## Performance summary

- Semi finals – India Grand Prix Gold 2016
- Winner – South Asian Games, India 2016
- Cracked top 10 in world rankings

## How OGQ made a difference

- Support staff for international tournaments – personal physiotherapist and physical trainer
- Sports science support – testing and medical supplements



# Athlete Qualified for Rio 2016

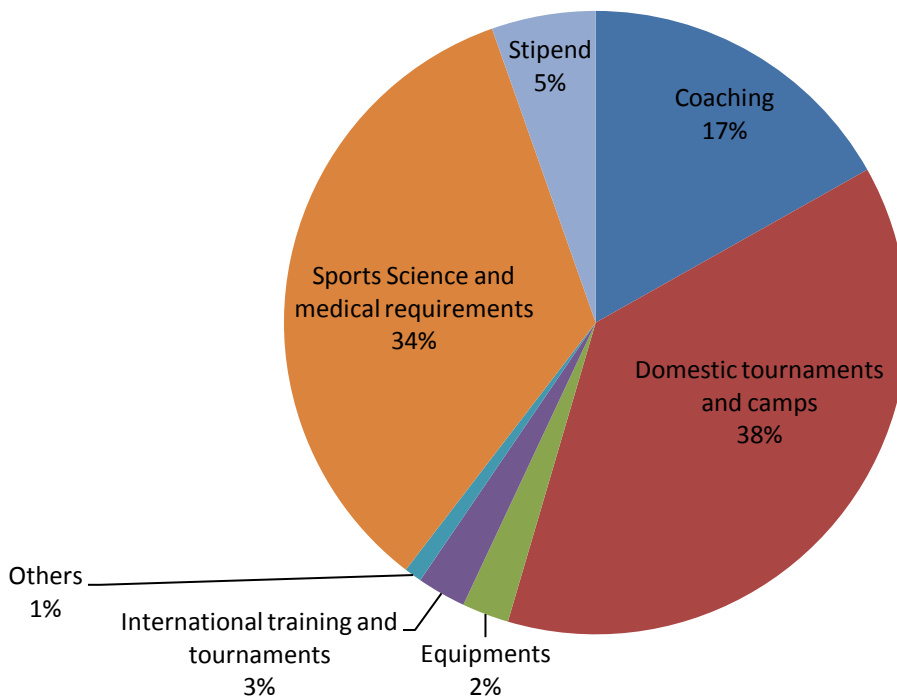
## Boxing



**Shiva Thapa**

# Break up of spends Boxing

## Percentage break up of total spends on all boxers



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# SHIVA THAPA

Event: 56 kgs bantamweight

## Performance summary

- Bronze - World Championships, Qatar 2015
- Silver – Asia Oceania Olympic qualifying tournament, China 2016
- Ranked world number 2 in 56 kgs

## How OGQ made a difference

- Full time personal physiotherapist during camps, trials, domestic and international tournaments
- Sports science support and medical supplements
- Boxing kit and sports apparel

# Athletes Qualified for Rio 2016

## Archery



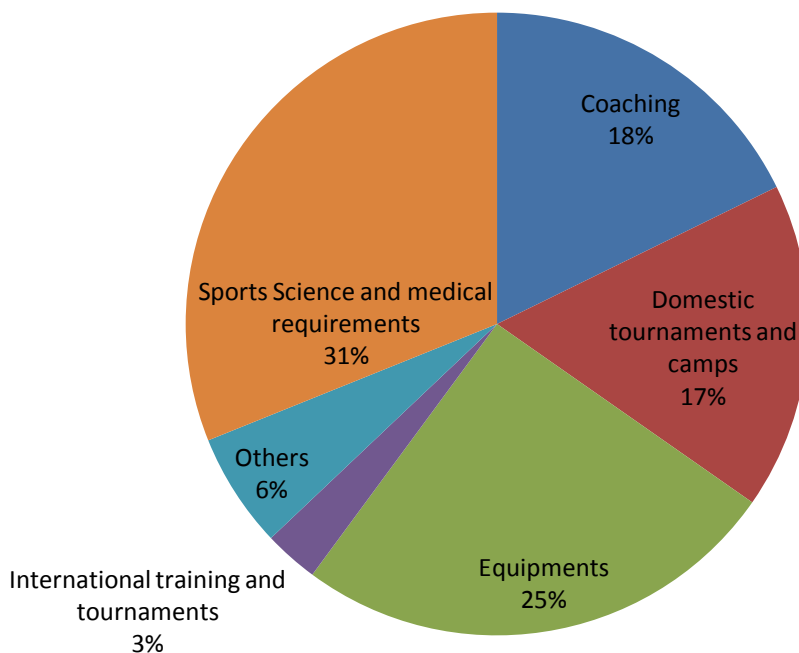
**Deepika Kumari, Bombayla Devi, Laxmirani Majhi**



**Atanu Das**

# Break up of spends Archery

## Percentage break up of total spends on all archers



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# DEEPIKA KUMARI

Event: Recurve Individual and Team

## Performance summary

- Silver – World Cup Final, Mexico 2015
- Team Silver – World Championships, Denmark 2015
- Bronze – World Cup, Turkey 2015

## How OGQ made a difference

- Sports science support – personal physiotherapist, physical trainer and sports psychologist
- Domestic coach for camps and trials
- Sports apparel and medical supplements



# LAXMIRANI MAJHI

Event: Recurve Individual and Team

## Performance summary

- Team Silver – World Championships, Denmark 2015
- Team Gold – South Asian Games, India 2016

## How OGQ made a difference

- Sports science support – personal physiotherapist, physical trainer and sports psychologist
- Personal coach for domestic competitions
- Sports apparel and medical supplements



# BOMBAYLA DEVI

Event: Recurve Individual and Team

## Performance summary

- Silver – South Asian Games, India 2016
- Team Gold – South Asian Games, India 2016

## How OGQ made a difference

- World class archery equipment and accessories
- Sports science support – personal physiotherapist, physical trainer and sports psychologist
- Sports apparel and medical supplements



# ATANU DAS

Event: Recurve Individual and Team

## Performance summary

- Quarter finals – Senior Nationals 2015
- Bronze – National Ranking Archery Tournament Finals 2015

## How OGQ made a difference

- Archery accessories
- Sports apparel
- Sports science support – Physiotherapist, physical trainer and medical supplements

# Athlete Qualified for Rio 2016

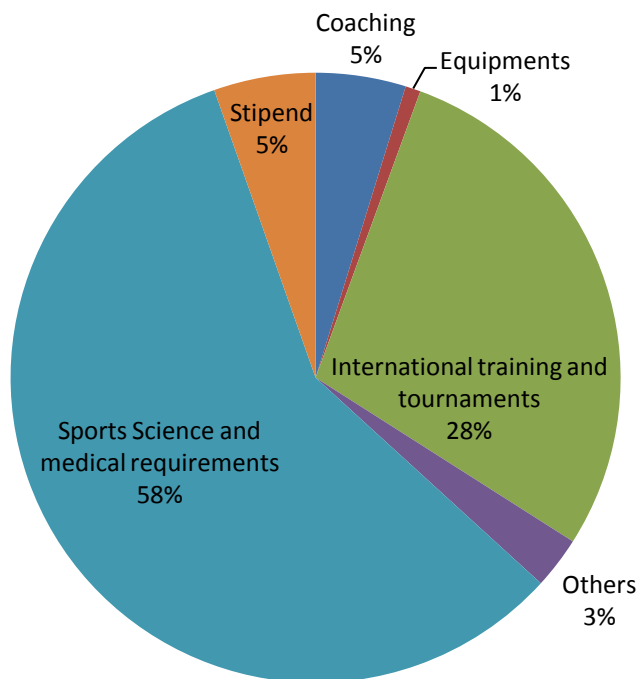
## Wrestling



**Yogeshwar Dutt**

# Break up of spends Wrestling

## Percentage break up of total spends on all wrestlers



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# YOGESHWAR DUTT

Event: 65 kgs Freestyle

## Performance summary

- Gold and Olympic qualification – Asian Qualifying tournament, Kazakhstan 2016

## How OGQ made a difference

- Entire support during knee surgery and entire post surgery rehabilitation.
- Sports science support – physiotherapist, trainer , medical supplements and tapes
- Full time personal coach



# Athletes Qualified for Rio 2016

## Athletics



**Vikas Gowda**



**Sandeep Kumar**



# VIKAS GOWDA

Event: Discus Throw

## Performance summary

- Threw better than the Olympic qualification mark of 65 m at 3 tournaments in 2016

## How OGQ made a difference

- Supported entire training at World Throwing Centre in Phoenix, Arizona - includes coaching fees, trainer, nutrition and rehabilitation.



# SANDEEP KUMAR

Event: 20 km and 50 km Race walking

## Performance summary

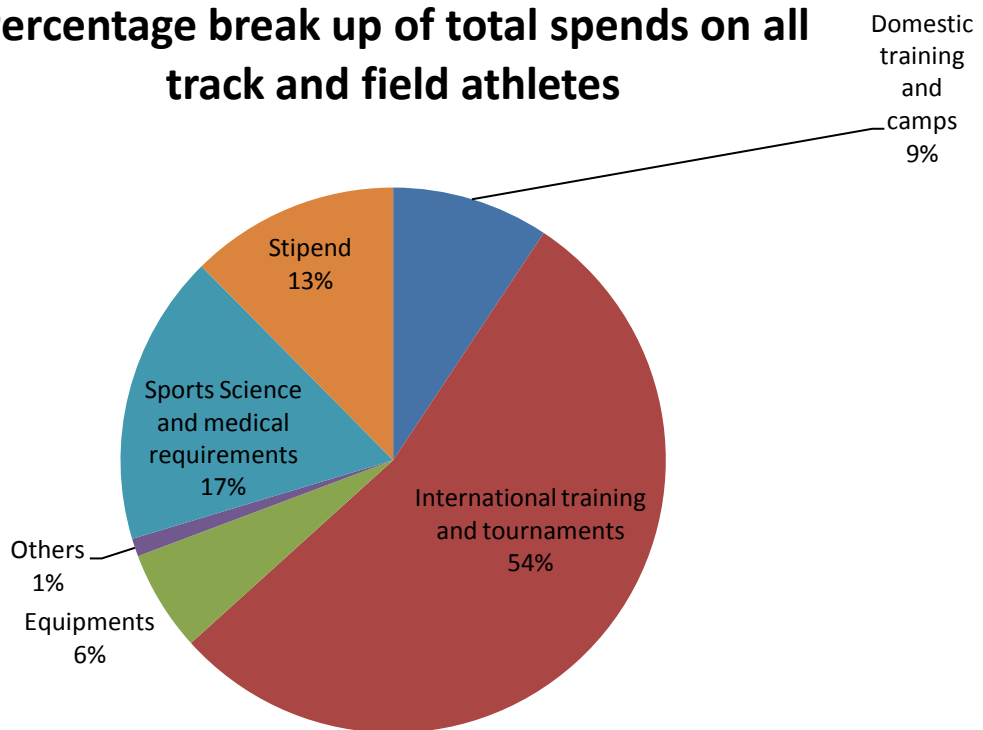
- Bettered the Olympic qualification timing at IAAF Race Walking Challenge in Portugal in 20 km walk.
- Bettered the Olympic qualification timing at the World Championships in Beijing in 50 km walk.

## How OGQ made a difference

- Specialized walking shoes for training and competition
- Sports science support – physiotherapist, medical tests and supplements

# Break up of spends Athletics

## Percentage break up of total spends on all track and field athletes



- **Coaching:** Expenses incurred for organizing coaching camps in India, training at academies, coaches fees, etc
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# Photo Gallery



(L-R) Viren Rasquinha, Geet Sethi, Shri Nivetha, Gagan Narang, Deepika Kumari & Viswanathan Anand at an OGQ Event in Chennai



(L-R) Viren Rasquinha, Prakash Padukone, Ashwini Ponnappa, Jwala Gutta and Geet Sethi at an event in Mumbai. Jwala and Ashwini became the 100<sup>th</sup> and 101<sup>st</sup> athletes to be supported by OGQ since inception.



Deepika Kumari receiving the Padma Shri from the President



12 year old Diya Chitale won Gold (U-15) and Silver (U-18) at the Qatar TT Open



Mary Kom with OGQ Junior Scholarship athletes B.M. Rahul and Archana Kamath



Saina Nehwal receiving the Padma Bhushan from the President



# Photo Gallery



**13 year old Meiraba Luwang receiving Winners Trophy from P.V. Sindhu at the All India Under-15 Sub Junior Badminton Tournament in Hyderabad**



**Saina Nehwal being felicitated by OGQ Directors Shitin Desai and Prakash Padukone on becoming World No. 1**



**Chain Singh after winning the Olympic quota at the ISSF World Cup Gabala**



**15 year old Maana Patel after breaking the national record in the Asian Age Group championship in Thailand**



**Archers Deepika Kumari , Laxmirani Majhi and Rimil Buruilly after winning the silver medal at the 2015 World Championships**



**Ayonika Paul after winning the Olympic quota at Asian qualifying in New Delhi**



**Jitu Rai and Sarita Devi at an OGQ Event in Mumbai**



**Shiva Thapa (extreme right) on the podium after winning bronze at the 2015 AIBA World Boxing Championships**



**Yogeshwar Dutt Winner of Asian Olympics Qualifier**



# Senior Athletes



**Sushil Kumar**  
Wrestling



**Vijay Kumar**  
Shooting



**P. Kashyap**  
Badminton



**Mary Kom**  
Boxing



**Sarita Devi**  
Boxing



**Shweta Singh**  
Shooting



**Lajja Gauswami**  
Shooting



**Rahi Sarnobat**  
Shooting



**Annu Rani**  
Athletics



# SUSHIL KUMAR

Event: 74 kgs Freestyle Wrestling

Sushil was recovering from a shoulder injury and did not participate in any tournament in 2015-16

## How OGQ made a difference

- 3 month training camp in Georgia
- Sports science support – Physiotherapist, medical supplements
- Sports apparel



# VIJAY KUMAR

Event: 25 m Rapid Fire Pistol

## Performance summary

- Bronze – South Asian Games , India 2016
- Gold – National Championships, Delhi 2015

## How OGQ made a difference

- Entire support during neck surgery and entire post surgery rehabilitation
- Shooting accessories and sports apparel
- Sports science support – Physiotherapist, physical trainer, medical supplements



# SHWETA SINGH

Event: 10 m Air Pistol

## Performance summary

- Gold – South Asian Games , India 2016
- Silver – Asian Air Gun Championships, India 2015
- Gold – National Championships, Delhi 2015

## How OGQ made a difference

- Personalized training camp in Korea.
- Support for international tournaments
- Shooting accessories and sports apparel
- Sports science support – Physiotherapist, physical trainer and sports psychologist



# SANJEEV RAJPUT

Event: 50 m Rifle 3 positions

## Performance summary

- 4<sup>th</sup> – Asian Olympic qualifying tournament, India 2016
- Participated in all the shooting world cups.

## How OGQ made a difference

- Rifle for 50 m events.
- Shooting accessories
- Support during kidney stone removal surgery
- Training camp in Singapore
- Physiotherapist and sports psychologist at camps and tournaments



# POOJA GHATKAR

**Event:** 10 m Air Rifle

## Performance summary

- Bronze – Asian Olympic qualifying tournament, India 2016
- Bronze – South Asian Games, India 2016

## How OGQ made a difference

- Support during world cups in USA, Germany and Azerbaijan
- Physiotherapist and physical trainer during camps and competitions.
- Sessions with sports psychologist



# ELIZABETH KOSHY

**Event:** 50 m Rifle 3 positions

## Performance summary

- Gold – South Asian Games, India 2016
- 4<sup>th</sup> – Asia Olympic qualifying tournament, India 2016
- Gold – National Championships, Delhi 2015

## How OGQ made a difference

- Support during international tournaments in USA, Azerbaijan and Kuwait
- Shooting equipment
- Physiotherapist and physical trainer during training
- Sports apparel and medical supplements



# RAHI SARNOBAT

**Event:** 25 m Sports Pistol

## Performance summary

- Gold – South Asian Games, India 2016
- Silver – National Championships, Delhi 2015

## How OGQ made a difference

- Personalized training camp in Germany
- Sports science support – Physiotherapist, physical trainer and sports psychologist
- Shooting accessories



# LAJJA GAUSWAMI

**Event:** 50 m Rifle 3 positions

## Performance summary

- Silver – South Asian Games, India 2016
- Silver – National Championships, Delhi 2015

## How OGQ made a difference

- Rifle for 50 m 3 positions.
- Ammunition and shooting accessories
- Sports science support – Physiotherapist, physical trainer and sports psychologist
- Support during domestic trials and tournaments





# SHRI NIVETHA

**Event:** 10 m Air Pistol

## Performance summary

- Gold – Junior Asian Championships, Kuwait 2015
- Gold – Asian Air Gun Championships, India 2015

## How OGQ made a difference

- Support for international tournaments in Czech Republic, Azerbaijan and Kuwait
- Purchase of air pistol and shooting accessories
- Sports science support – Physiotherapist, physical trainer and medical supplements



# SMIT SINGH

**Event:** Skeet

## Performance summary

- Participated in 4 shooting world cups in the Skeet event.

## How OGQ made a difference

- Purchase of clay targets and other shooting accessories for training
- Training in Italy under a foreign coach
- Physiotherapist and physical trainer at camps and tournaments



# OMKAR SINGH

**Event:** 10 m Air Pistol, 50 m Free Pistol



# ANNURAJ SINGH

**Event:** 10 m Air Pistol, 25 m Sports Pistol



# JOYDEEP KARMAKAR

**Event:** 50 m Rifle Prone

**OGQ has discontinued support to Omkar, Annuraj and Joydeep**



# SARJUBALA DEVI

**Event:** 48 kgs Light Welterweight

## Performance summary

- Gold – Presidents Cup Open Boxing Tournament, Indonesia 2015

## How OGQ made a difference

- Personalized training camp in Manipur
- Sports science support – Physiotherapist, physical trainer and medical supplements
- Foreign training in Liverpool, England



# ANNU RANI

**Event:** Javelin Throw

## Performance summary

- Silver – South Asian Games, India 2016

## How OGQ made a difference

- Sports science support – Physiotherapist and medical supplements
- Support for domestic tournaments



# MARY KOM

**Event:** 51 kgs Fly weight

## Performance summary

- Gold – South Asian Games, India 2016
- Bronze – Asia Oceania Olympic qualifying tournament, China 2016

## How OGQ made a difference

- Training camp in Pune under world renowned coach Charles Atkinson and domestic assistant coach
- Training camp in Liverpool under Charles Atkinson
- Physical fitness camp in Bangalore
- Sports science support



# SARITA DEVI

**Event:** 60 kgs Lightweight

## Performance summary

- Gold – South Asian Games, India 2016
- Quarter finals – Asia Oceania Olympic qualifying tournament, China 2016.

## How OGQ made a difference

- Personalized training camp in Pune and Aurangabad.
- Rehabilitation program to return to fitness from injury
- Training camp in Liverpool under Charles Atkinson
- Sports science support



# PARUPALLI KASHYAP

**Event:** Men's singles badminton

## Performance summary

- Semi final – Indonesia super series premier 2015
- Semi final – Singapore super series 2015
- Quarter final – India Grand Prix Gold 2016

## How OGQ made a difference

- Medical support
- Sports science support – Personal physio, trainer and sports psychologist
- Assistant coach at training base



# MANGAL CHAMPIA

**Event:** Recurve Individual and Team

## Performance summary

- Mixed Team Silver – World Cup, Poland 2015
- 6<sup>th</sup> and Olympic qualification – World Championships, Denmark 2015

## How OGQ made a difference

- World class archery equipment and accessories
- Sports science support – personal physiotherapist, physical trainer and sports psychologist
- Sports apparel and medical supplements





# RIMIL BURIULY

Event: Recurve Individual and Team

## Performance summary

- Team Silver – World Championships, Denmark 2015
- Team Gold – Senior Nationals 2015

## How OGQ made a difference

- Training in Kolkata under coach from South Korea
- Sports science support – Physiotherapist, physical trainer and medical supplements
- Support for domestic trials and tournaments



# RAHUL BANERJEE

Event: Recurve Individual and Team

## Performance summary

- Round of 16 Team – World Championships, Denmark 2015.
- Participated in 2 archery world cups

## How OGQ made a difference

- Training in Kolkata under coach from South Korea
- Sports science support – Physiotherapist, physical trainer and medical supplements
- Archery accessories and sports apparel



# JAYANTA TALUKDAR

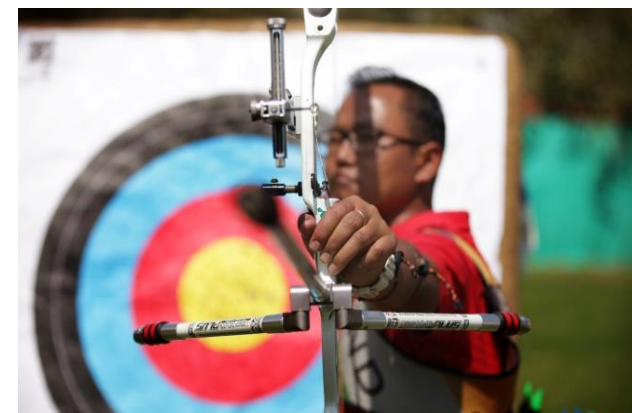
Event: Recurve Individual and Team

## Performance summary

- Gold – Senior Nationals 2015
- Team Gold – South Asian Games, India 2016
- 4<sup>th</sup> – Aquece Rio, Olympic Archery Test event, Rio 2015

## How OGQ made a difference

- Archery accessories
- Sports science support – Physiotherapist, physical trainer and medical supplements
- Support during world championships in Denmark



# TARUNDEEP RAI

Event: Recurve Individual and Team

## Performance summary

- Team Gold – South Asian Games, India 2016
- Individual Gold – South Asian Games, India 2016

## How OGQ made a difference

- World class equipment and accessories
- Sports science support – Physiotherapist, physical trainer and medical supplements
- International exposure – Indoor World Cup in Thailand



# DEVENDRO SINGH

**Event:** 49 kgs Light Flyweight

## Performance summary

- Bronze – Asian Championships, Thailand 2015
- Bronze – Asia Oceania Olympic qualifying tournament China 2016
- Gold – South Asian Games, India 2016

## How OGQ made a difference

- Full time personal physiotherapist for domestic and international training and competition.
- Sports science support – Medical testing and supplements
- Video analysis equipment



# SUMIT SANGWAN

**Event:** 81 kgs Light Heavyweight

## How OGQ made a difference

- Wrist surgery in Mumbai
- Rehabilitation in Bangalore post surgery
- Support in returning to full match fitness
- Sports science support – Physiotherapist, physical trainer, medical tests and supplements

Sumit underwent 2 surgeries on his hand and is back to international competition after almost 1 year.



# MANOJ KUMAR

**Event:** 64 kgs Light welter weight boxing

**OGQ has discontinued support to Manoj**



# PARVEEN RANA

**Event:** 74 kgs Freestyle

## Performance summary

- Gold – 74 kgs International Wrestling competition in Sassari, Italy 2015

## How OGQ made a difference

- Sports science support – Physiotherapist and medical supplements



# JAIDEEP

Event: 57 kgs Freestyle

## Performance summary

- Sparring partner for Sushil Kumar during domestic and international training camps

## How OGQ made a difference

- Sports science support – Physiotherapist and medical supplements



# KT IRFAN

Event: 20 km Race walking

## Performance summary

- Bettered the Olympic qualification timing at the National Open Race Walking championships in Jaipur 2016.

## How OGQ made a difference

- Support during domestic camps and trials
- World class waling shoes for training and competition
- Sports science support – physiotherapist, medical tests and supplements



## FACEBOOK

Total Posts:	Total Engagement:	Total Reach:	Total Video Views:
380	4,46,364	16.2 Mn	8,51,580

## TOP 3 POSTS OF THE YEAR

Most Viewed Post:  
Mary Kom Twins Video

Twins of Mary Kom Boxing  
More Videos by Olympic Gold Quest



Total Post Reach: 18,95,739  
Video Views: 3,31,708

Most Engaging Contests

**WORD JUMBLE**

B	A	R	B	E	L	L	T	S	W	G	A
V	I	J	A	Y	K	U	M	A	R	I	J
Z	U	M	B	B	E	L	P	S	C	J	I
H	E	E	N	A	S	I	D	H	U	N	T
I	B	R	O	S	W	I	M	M	I	N	U
K	Y	N	A	N	C	H	E	N	A	I	R
W	J	I	G	H	T	S	P	B	D	U	A
G	A	G	A	N	N	A	R	A	N	G	I

Find 5 shooters supported by OGQ in the word jumble.



CAPTION THIS IMAGE

Most Interactive Post:  
Saina World #1 Post

 **Olympic Gold Quest** added 4 new photos — with Karthick Nivi Saina Nehwal and 26 others.  
Published by Anukool Bharadwaj [?] · May 1, 2015 ·

Photos from the Olympic Gold Quest felicitation for world number 1 Saina Nehwal  
#RoadtoRio2016



Total Post Reach: 8,29,952  
Total Post Interaction: 39,936

# Sneak Peak into our Social Media Stats



## TWITTER

Total Impressions:

**1.5 Mn**

Total Link Clicks:

**2,271**

Total Retweets:

**3,672**

Total Likes:

**5,636**

Total Replies:

**628**

Total Interactions:

**12,207**

Total New Followers:

**45,696**

Current Followers:

**57,300**

## TOP 2 TWEETS OF THE YEAR

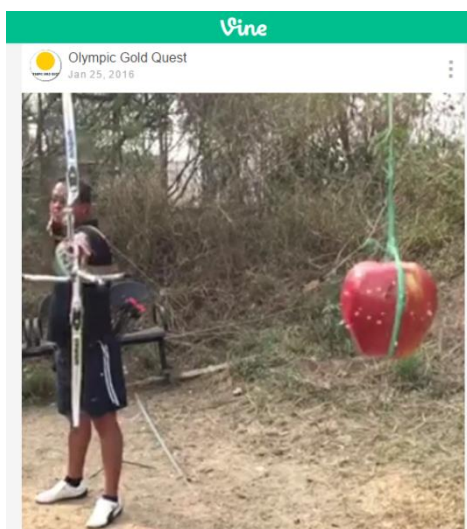
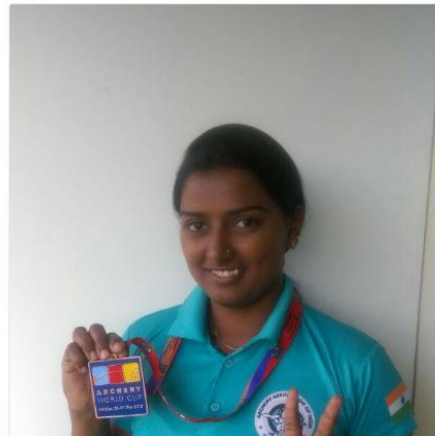
 **Olympic Gold Quest**  
@OGQ\_India

Just In: @DuttYogi and Parveen Rana won the GOLD medal in 65kg & 70kg resp at Intl wrestling tournament in Italy.



 **Olympic Gold Quest**  
@OGQ\_India

Many congratulations to Deepika Kumari for winning a bronze medal at the Archery world cup in Turkey! #roadtorio2016



## VINE

**Most Viewed Video on Vine  
(13,000+ Loops):**

Tarundeep Rai piercing an apple from a distance of 10 m



/ OGQ\_India

# OGQ Junior Scholarship Program



**Lakshya Sen**  
Badminton



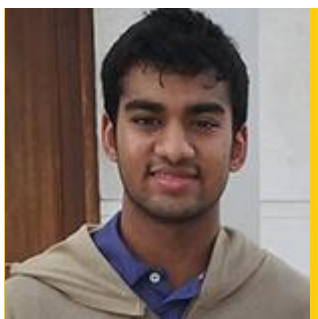
**Malaika Goel**  
Shooting



**Maana Patel**  
Swimming



**Archana Kamath**  
Table Tennis



**Siril Varma**  
Badminton



**Atul Verma**  
Archery

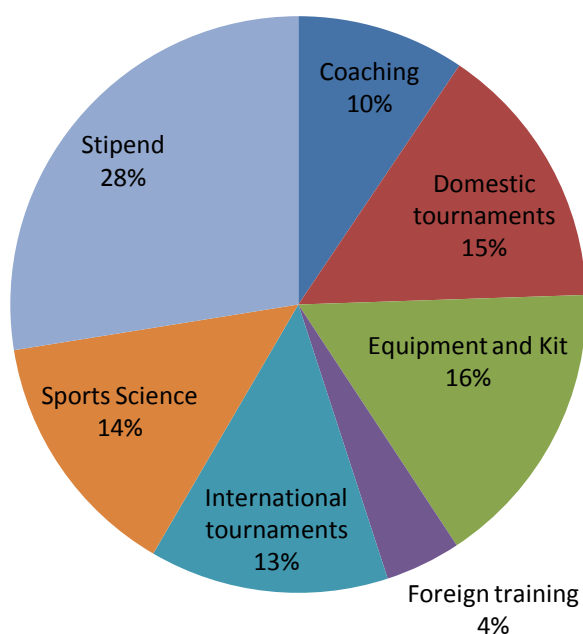
OGQ junior scholarship program is for athletes in the age group of 11 to 20 years.



## Junior scholarship program recap 2015-16

Junior athletes	Male	Female
27	18	9

### Percentage break up of spends on junior athletes.



### Highlights 2015-16:

- Siril Verma won the silver medal at the Junior Badminton World Championships in Peru, 2015
- Ravi Kumar won the silver medal in 55 kgs Freestyle at the Junior Wrestling World Championships in Brazil 2015.
- Table Tennis player Archana Kamath became the first ever Indian to reach the quarter final of the prestigious ITTF World Junior Circuit Final held in Jaipur in 2016.
- Swimmer Maana Patel broke her own senior national records in 50 m, 100 m and 200 m backstroke events.





# RAVI KUMAR

Event: Freestyle Wrestling

## Performance summary

- Silver – 55kg – Junior World Championships 2015
- Gold – 55kg – Junior Asian Championships 2015

## How OGQ made a difference

- Medical supplements
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist at his training base in Delhi



# SIRIL VERMA

Event: Singles Badminton

## Performance summary

- Silver – World Junior Championships, Peru 2015
- Achieved world number 1 ranking in juniors
- Winner – All India Junior Ranking Under 19
- Youngest player in the Premier Badminton League 2016

## How OGQ made a difference

- Badminton racquets and other sports apparel
- Personal physiotherapist at his training base in Hyderabad
- Medical supplements and regular tests





# LAKSHYA SEN

Event: Singles Badminton

## Performance summary

- Winner – Under 17 National Championships 2015
- Winner – India Junior International Championship, Pune 2015
- Winner – Under 19 All India Junior Ranking tournament 2015
- Winner – Under 17 All India Junior Ranking tournament 2015

## How OGQ made a difference

- Sports science testing at SRASSC in Chennai
- Training with sports psychologist
- Personal physiotherapist at his training base in Bangalore



# MADHU VEDWAN

Event: Recurve Individual and Team Archery

## Performance summary

- Played her first senior world cup in 2015 in China
- Gold - Junior National Ranking Archery Tournament 2015
- Finished 6<sup>th</sup> in the Olympic trials for 2016 Rio Olympics. Only Junior in the top 6

## How OGQ made a difference

- Purchased recurve bow and accessories
- Training with sports psychologist
- Physiotherapist during camps and competitions



# ARCHANA KAMATH

Event: Table Tennis

## Performance summary

- Gold – Under 18 - India Open Junior Premium event
- Quarter finals – ITTF World Circuit Final, Jaipur 2016. First Indian ever to reach the quarter final of this prestigious tournament for juniors.
- Silver – Cadet – South Asian Championships 2015

## How OGQ made a difference

- Foreign training in Europe
- International competition exposure in Europe
- Video analysis equipment
- Training with sports psychologist



# MAANA PATEL

Event: 50 m, 100m, 200 m Backstroke Swimming

## Performance summary

- 4 Golds and 2 national records – Senior Nationals 2015 – Adjudged as the best swimmer of the meet.
- 2 Silvers – SAF Games 2016
- Gold – Asian Age Group meet, Thailand 2015
- Currently holds the senior national record in 50 m , 100 m and 200 m backstroke events.

## How OGQ made a difference

- Strength and condition coach during training camps
- Medical supplements and regular tests.
- Logistics support for international training and competition



# MALAIKA GOEL

Event: 10 m Air Pistol

## Performance summary

- Bronze – Senior Nationals, Delhi 2015
- 6th – Youth Asian Air Gun Championships, Delhi 2015

## How OGQ made a difference

- Sent Malaika as MQS participant for World Cup in Gabala
- Physiotherapist during camps and competitions
- Shooting accessories



# ANGAD BAJWA

Event: Skeet Shooting

## Performance summary

- Gold and junior Asian record – Junior Asian Championships, Kuwait 2015
- Bronze – International Junior Shotgun tournament, Finland 2015

## How OGQ made a difference

- Training in USA under renowned coach Craig Hancock.
- During this training stint Angad also had the opportunity to train with 2 time Olympic champion Vincent Hancock
- Physiotherapist during camps and competitions

Angad has graduated to the senior program from 1st April 2016 onwards<sup>55</sup> as he has crossed the age of 21



# AKHIL SHEORAN

**Event:** 10 m Air Rifle, 50 m Rifle 3 positions

## Performance summary

- Silver – 50 m Rifle 3 positions, Junior world cup, Suhl 2015
- Silver – 10 m Air Rifle, Meeting of shooting hopes, Plzen 2015

## How OGQ made a difference

- Purchased an air rifle for 10 m event
- Physiotherapist during camps and competitions
- Shooting accessories for air rifle and 0.22 rifle events

**Akhil has graduated to the senior program from 1st April 2016 onwards as he has crossed the age of 21**



# PRATIK BORSE

**Event:** 10 m Air Rifle

## Performance summary

- Gold – Intershoot competition, Netherlands 2016
- Silver – Junior Asian Air Gun Championships 2015

## How OGQ made a difference

- Sent Pratik for international tournaments in Netherlands and Czech Republic.
- Physiotherapist during camps and competitions
- Monthly stipend for nutrition, training kit and other requirements



# SHREYA GAWANDE

**Event:** 10 m Air Pistol, 25 m Sports Pistol

## Performance summary

- Gold – Junior Nationals , Delhi 2015
- 5th – Asian Championships, Kuwait 2015

## How OGQ made a difference

- Purchased 0.22 sports pistol and ammunition
- Sent Shreya as MQS participant for World Cup in Munich
- Physiotherapist during camps and competitions

**Shreya has graduated to the senior program from 1st April 2016 onwards as she has crossed the age of 21**



# ATUL VERMA

**Event:** Recurve Individual and Team Archery

## Performance summary

- Team Bronze – World Military Games 2015
- Gold - Junior National Ranking Archery Tournament 2015
- Junior and Senior bronze in NRAT finals 2016
- Team Bronze – Asian Grand Prix, Chinese Taipei 2015

## How OGQ made a difference

- Purchased recurve bow and accessories
- Training with sports psychologist
- Physiotherapist during camps and competitions
- Medical and sports science support





# SANJAY BORO

Event: Recurve Individual and Team Archery

## Performance summary

- Team Bronze – Asian Grand Prix, Chinese Taipei 2015
- Gold - Junior National Ranking Archery Tournament 2015

## How OGQ made a difference

- Purchased recurve bow and accessories
- Training with sports psychologist
- Physiotherapist during camps and competitions

**Sanjay has graduated to the senior program from 1st April 2016 onwards as he has crossed the age of 21**



# DIYA CHITALE

Event: Table Tennis

## Performance summary

- Gold – Under 15 Singles, Qatar Open 2016
- Silver – Under 18 Singles, Qatar Open 2016

## How OGQ made a difference

- Logistics support during training and international competition
- Medical supplements and regular tests.
- Monthly stipend for nutrition, training kit and other requirements



# MANAVADITYA RATHORE

Event: Trap Shooting

## Performance summary

- Gold – Junior Nationals 2015
- 4th – Junior Asian Championships, Kuwait 2015
- Shot an excellent score but missed the final of the junior world championships by 1 point
- Winner – Senior and Junior State championships 2015

## How OGQ made a difference

- Training under a foreign coach
- Training with sports psychologist



# KARTIKEY GULSHAN

Event: Singles Badminton

## Performance summary

- Runner up – All India Junior Ranking Under 17

## How OGQ made a difference

- Sports science testing at SRASSC in Chennai
- Personal physiotherapist at his training base in Bangalore
- Medical supplements and regular tests
- Training with sports psychologist



# RAHUL YADAV

Event: Singles Badminton

## Performance summary

- Semi final – Bahrain International Challenge, 2015
- Runner up – All India Senior Ranking, 2016

## How OGQ made a difference

- Sent Rahul for international tournaments in Bahrain and Thailand.
- Physiotherapist during camps
- Medical supplements and regular tests



# NENGNEIHAT KOM

Event: 51 kgs Boxing

## Performance summary

- Gold – Northeast games 2016
- Sparring partner for Mary Kom during camps in Pune

## How OGQ made a difference

- Medical supplements and regular tests.
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist during training camps

**Nengneihat has graduated to the senior program from 1st April 2016 onwards as she has crossed the age of 21**



# RAHUL BHARADWAJ

Event: Singles Badminton

- Rahul did not play any tournament in 2015-16 as he is recovering from a knee injury.

## How OGQ made a difference

- Sports science testing at SRASSC, Chennai
- Rehabilitation and recovery from knee injury
- Medical supplements and regular tests
- Training with sports psychologist



# MEIRABA LUWANG

Event: Singles Badminton

## Performance summary

- Winner - U 15 - Swiss Junior Open 2015
- Winner - U 15 - All India Sub Junior Ranking 2015.
- Winner – Sub junior nationals 2015

## How OGQ made a difference

- Sent Meiraba for international tournaments in Switzerland and Singapore
- Training with sports psychologist
- Monthly stipend for nutrition, training kit and other requirements



# NAVEEN

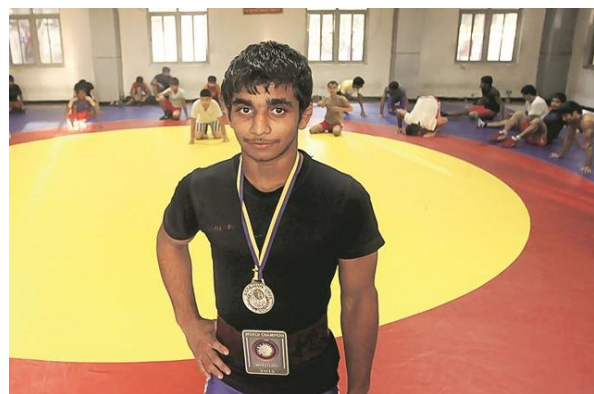
Event: Freestyle Wrestling

## Performance summary

- 9th – 54 kg – Cadet World Championships 2015
- Gold – 54 kg – Cadet Asian Championships 2015

## How OGQ made a difference

- Medical supplements
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist at his training base in Delhi



# ANIL KUMAR

Event: Freestyle Wrestling

## Performance summary

- Gold - Cadet Asian Championships, Thailand 2014 (46 kg)
- Gold - Cadet World Championships, Bosnia 2015 (50 kg)

## How OGQ made a difference

- Medical supplements
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist at his training base in Sonapat





# ARUN SINGH

Event: Freestyle Wrestling

## Performance summary

- Gold – Sub junior nationals 2016

## How OGQ made a difference

- Medical supplements
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist at his training base in Sonapat



# SUNNY SINGH

Event: Freestyle Wrestling

OGQ has discontinued support to Sunny



# THOTYOLA TANGKHUL

Event: Boxing

- Thotyola trains in Imphal at the Mary Kom boxing academy.
- Olympic bronze medalist Mary Kom rates Thotyola as a good potential for the future.

## How OGQ made a difference

- Medical supplements and regular tests.
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist during training camps



# ROHIT SINGH

Event: Boxing

- Rohit trains in Imphal at the Mary Kom boxing academy.
- Olympic bronze medalist Mary Kom rates Rohit as an exciting young talent who deserves support.

## How OGQ made a difference

- Medical supplements and regular tests.
- Monthly stipend for nutrition, training kit and other requirements
- Physiotherapist during training camps



# GAYATRI PAWASKAR

Event: 10 m Air Rifle

## Performance summary

- 6th – Youth Asian Championships, Kuwait 2015
- Participated in the Junior World Cup in Germany and Asian Junior Championships in New Delhi

## How OGQ made a difference

- Purchased an air rifle
- Physiotherapist during camps and competitions
- Logistics support during trials and domestic competitions



## Sports Science team at Olympic Gold Quest

The OGQ Sports Science team ensures that the athlete is fit and injury free by designing and delivering efficient rehabilitation and strength and conditioning programs.

Our current team comprises of:

### Dr. Nikhil Latey (Head of Sports Science and Rehabilitation)

- Bachelor of Physiotherapy – Mumbai
- Masters in Sport and Exercise Science – Roehampton University, London
- Trained in Exercise Physiology and Biomechanics



### Surgeons

- Dr. Anant Joshi
- Dr. Sudhir Warriar
- Dr. Abhay Nene
- Dr. Sanjay Desai
- Dr. Deepak Bhatia
- Dr. Abhishek Kini

### Physical Trainers

- Deckline Leitao
- Arun Selvakumar
- Akshay Bhapkar
- Mobya Duyu
- Sarvana Kumar Muthulagu

### Radiologists

- Dr. Aditya Daftary
- Dr. Sriram Rajan

### Nutritionists

- Dr. Niti Desai
- Dr. Teena Gupta

### Sports psychologists

- Vaibhav Agashe
- Gayatri Vartak
- Janki Rajapurkar

### Physiotherapists

- Poornima Raman
- Siddharth Sakalle
- Shloka Varvatkar
- Prakkash Sharoff
- Sumita Jain
- Aalaap Jawadekar
- Munesh Shrivastav
- Neelesh Katkar
- Abdul Wahid

### ENT Specialists

- Dr. Vimal Kasbekar
- Dr. Achal Gulati

### Ophthalmologist

- Dr. Sheela Kerkar

**Hospital Partner :** Lilavati Hospital and Research Centre



**It takes just 6 grams of Gold  
to lift the worth of a Nation**

**Contact Us:**



Olympic Gold Quest,  
310, Dalamal Chambers,  
3rd floor, 29,  
New Marine Lines,  
Mumbai - 400 020



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