

FOUNDATION FOR PROMOTION OF SPORTS AND GAMES  
ANNUAL PERFORMANCE REPORT 2020-21



# TOKYO CALLING

#READYSTEADYTOKYO

DEVENDRA JHAJHARIA  
PARA ATHLETICS

MIRABAI CHANU  
WEIGHTLIFTING

VINESH PHOGAT  
WRESTLING

MANU BHAKER  
SHOOTING



# CONTENTS

<b>Vision &amp; Mission</b>	<b>01</b>
<b>Olympic Medal Winners Supported by OGQ</b>	<b>02</b>
<b>Executive Summary</b>	<b>03</b>
<b>Notes</b>	<b>04</b>
<b>Board of Directors</b>	<b>06</b>
<b>Areas of Spends for FY 2020-21</b>	<b>08</b>
<b>Athletes Qualified for Tokyo Olympics</b> (Athletes supported by OGQ)	<b>09</b>
<b>Para Athletes Qualified for Tokyo Olympics</b> (Para athletes supported by OGQ)	<b>26</b>
<b>Athletes Supported by OGQ: F.Y. 2020-21</b> (All athletes and para athletes supported by OGQ)	<b>39</b>
<b>Coaches Excellence Program</b>	<b>61</b>
<b>OGQ Supporters</b>	<b>67</b>
<b>OGQ Team</b>	<b>74</b>
<b>Donation Details</b>	<b>78</b>





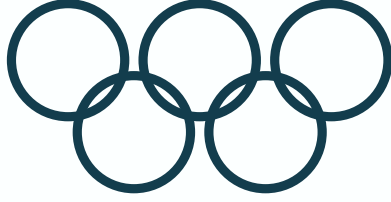
# OUR VISION

To scout for potential medal talent, to help identify areas of support, to work with all stakeholders to aid deserving talent.

# OUR MISSION

To support Indian athletes in winning Olympic Gold medals.

# OLYMPIC MEDAL WINNERS



SUPPORTED BY OGQ

**5 out of 8** medal winners for India in the last two Olympics (London 2012 and Rio 2016) were supported by Olympic Gold Quest (OGQ).



**P.V. SINDHU**  
Silver - Badminton | Rio Olympics 2016



**VIJAY KUMAR**

Silver - Shooting | London Olympics 2012



**MARY KOM**

Bronze - Boxing | London Olympics 2012



**GAGAN NARANG**

Bronze - Shooting | London Olympics 2012



**SAINA NEHWAL**

Bronze - Badminton | London Olympics 2012

# EXECUTIVE SUMMARY

## ANNUAL PERFORMANCE REPORT | F.Y. 2020-21

Here are some quick snapshots of how the year 2020-21 looked for us at OGQ:

### 185 ATHLETES

supported during the FY 2020-21:

- **78:** Senior athletes
- **107:** Junior athletes

### 30 PARA ATHLETES

supported during the FY 2020-21:

- **28:** Senior para athletes
- **02:** Junior para athletes

### 29 ATHLETES QUALIFIED FOR TOKYO OLYMPICS

Qualification in **8 Sports**.

**13/29** athletes were part of  
**OGQ Junior Scholarship Program.**

### 24 PARA ATHLETES QUALIFIED FOR TOKYO PARALYMPICS

Qualification in **5 Para Sports**.

### 50% WOMEN QUALIFICATION

14 out of 29 athletes qualified for  
Tokyo Olympics (and supported by  
OGQ) are women.

The detailed report on how we supported our athletes during the FY 2020-21 will follow from here onwards. Hope you enjoy reading the OGQ Annual Performance Report.



# PRAKASH PADUKONE

**Co-Founder & Director, Olympic Gold Quest,  
All England Badminton Champion,  
Padma Shri Awardee**

When Geet Sethi and I co-founded Olympic Gold Quest, we always kept a long term vision in mind. From our own experience as players, we knew that success in sport at the highest level does not happen overnight. It takes years of training, preparation and the right team and processes to develop a champion.

After the London 2012 Olympics, we started the OGQ Junior Scholarship Program. Since then, we have supported over 300 of India's most talented young athletes in the age group of 11 to 19 years with focused support on coaching, training facilities, equipment and sports science. The program is beginning to show significant results now. For the Tokyo Olympics, out of the 29 athletes supported by OGQ who have qualified, 13 have come from the OGQ Junior Program.

The encouraging part is that these results are being seen across sports. Athletes like Manu Bhaker (Shooting), Deepak Punia

(Wrestling), Pravin Jadhav (Archery) and of course P.V. Sindhu (Badminton) were initially all part of the OGQ junior program from a very young age.

The Tokyo Olympics and Paralympics are days away. I wish the Indian contingent all the best. As a nation, we are going through a very challenging phase with the pandemic. I hope the athletes can stay fit, healthy and focused and bring great pride to the nation at the Tokyo Olympics and Paralympics.

I cannot end without expressing our deep gratitude to all OGQ supporters. Your continued support makes our vision possible. I extend my wishes to everyone to stay healthy and safe.



**PRAKASH PADUKONE**

Co-founder, Olympic Gold Quest





# VIREN RASQUINHA

**Director & CEO - Olympic Gold Quest,  
Former India Hockey Team Captain,  
Olympian, Arjuna Awardee**

It is hard for me to write about the Olympics at a time when the pandemic rages across the country.

One can only imagine how tough it has been for our Tokyo-bound athletes to overcome the adversity of the Covid-19 pandemic and continue to focus on their training. Many had to overcome Covid infections themselves, or have had close family members impacted by this unprecedented health crisis.

The postponement of the Olympics by a year resulted in a loss of motivation and focus for the athletes, especially during the initial lockdown. But adaptability, they say, is the mark of a true champion. Sport, more than anything else, teaches you to be resilient. We at OGQ have also had to adapt quickly to meet the challenge of ensuring that the athletes are given the best possible support and training in an extraordinarily difficult period.

OGQ ensured that athletes transitioned

smoothly to online training sessions, be it coaching, nutrition, strength and conditioning or mental training sessions. Most Olympic qualified athletes have been able to participate in a few international competitions. As part of the final preparations, many are training overseas.

I want to thank all supporters of OGQ who have continued to repose their faith in us. I can say with confidence that our athletes are giving it their all as they race through this home stretch, determined to achieve their Olympic dreams.

Our prayers are with everyone affected by the crisis and for our nation to recover quickly.



**VIREN RASQUINHA**

Director and CEO, Olympic Gold Quest

# OGQ BOARD OF DIRECTORS

## THE STORY:

The idea of OGQ was born in Geet Sethi's mind on a flight from Sydney to Mumbai post the Sydney Olympics in 2000. Geet directly went to meet Prakash Padukone in Bengaluru and they realized that Indian athletes needed a dedicated team working behind the scenes 24X7 to look after their training needs: coaches, physiotherapists, nutritionists, sports psychologists, injury management experts, logistic managers, to say the least.

The two of them got together and started Olympic Gold Quest in 2001. Soon enough, many corporate leaders also joined the cause to help Indian athletes win Olympic gold medals.



**GEET SETHI**

9-time World Cue Sports Champion; Co-founder - OGQ



**PRAKASH PADUKONE**

All England Badminton Champion; Co-founder - OGQ



**VISWANATHAN ANAND**

8-time World Chess Champion



**NIRAJ BAJAJ**

Chairman - Bajaj Auto; Arjuna Awardee in Table Tennis



**SHITIN DESAI**

Chairman - Julius Baer Wealth Managers



## BOARD OF DIRECTORS (CONTD.)



**R RAMARAJ**  
Senior Advisor,  
Elevor Equity



**RAKESH KHANNA**  
Founding Partner,  
Ambit RSM (Since retired)



**SAMEER KOTICHA**  
Chairman & Founder,  
ASK Group



**NEERAJ BHARADWAJ**  
Managing Director,  
Carlyle India



**VIDYA SHAH**  
Executive Chairperson,  
EdelGive Foundation



**MUKESH BANSAL**  
Technology Entrepreneur,  
Co-founder - Myntra &  
Curefit



**SUNDAR MAHALINGAM**  
Chief Strategy Officer,  
HCL



**VIREN RASQUINHA**  
Former India Hockey Captain,  
Olympian, CEO - OGQ

# AREA OF SPENDS AT OGQ

Below is the list of major financial heads at OGQ for the F.Y. 2020-21:

- **SENIOR ATHLETES**
- **JUNIOR SCHOLARSHIP PROGRAM**
- **PARA ATHLETES**
- **RESEARCH, SOFTWARE & DEVELOPMENT**
- **COACHES EXCELLENCE PROGRAM**



OGQ SUPPORTED

# ATHLETES QUALIFIED FOR TOKYO OLYMPICS

23rd July - 8th August 2021



## BADMINTON



### P.V. SINDHU

Badminton | Women's Singles  
Hails from: Hyderabad, Telangana  
Age: 26 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Gym equipment
- Sports Science support\*
- Medical supplements
- Training fees

\*Physiotherapist, S&C trainer

## WEIGHTLIFTING



### MIRABAI CHANU

Women's Weightlifting: 49 Kgs  
Hails from: Nongpok Kakching Village, Manipur  
Age: 26 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports Science support\*
- Training camp in the USA
- Domestic training
- Medical supplements
- Annual stipend
- Sports Kit

\*Physiotherapist, S&C trainer

## BOXING



### MARY KOM

Women's Boxing: 51 Kgs  
Hails from: Kangathei Village, Manipur  
Age: 38 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support\*
- Personal coach
- Domestic training
- Medical expense, supplements
- Gym equipment
- Sports kit

\*Physiotherapist, S&C trainer, nutritionist



### AMIT PANGHAL

Men's Boxing: 52 Kgs  
Hails from: Mayna Village, Haryana  
Age: 24 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal coach
- Sparring partner
- Sports kit
- Annual stipend
- Medical expense, supplements
- Domestic training
- Boxing equipment

## BOXING



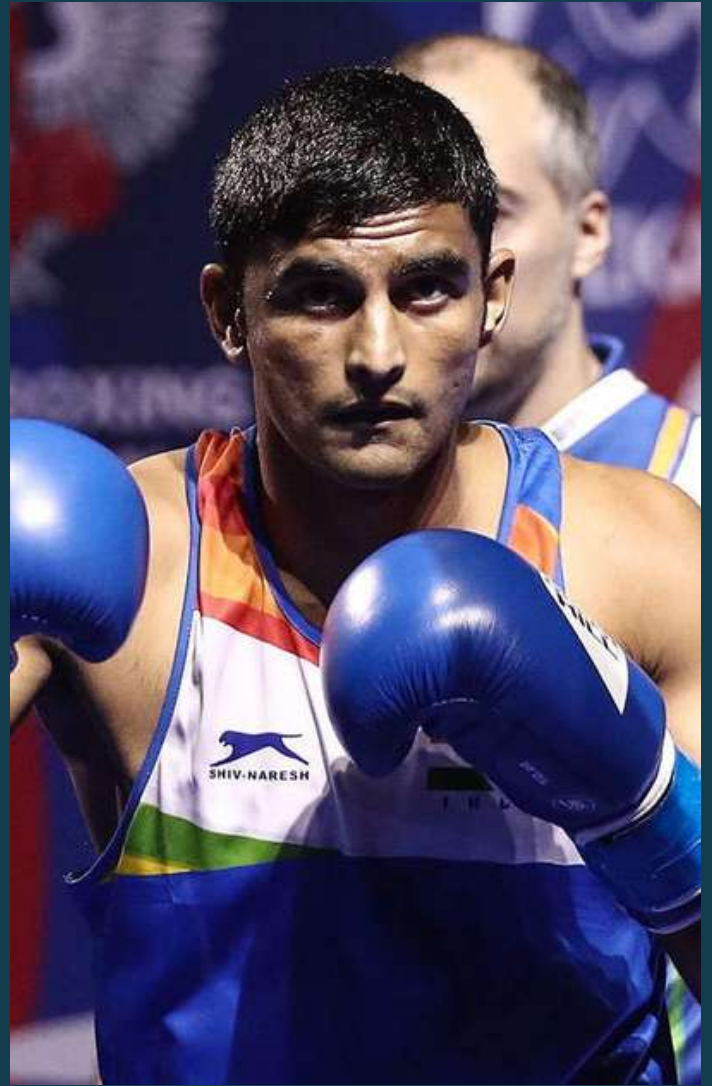
### LOVLINA BORGOHAIN

Women's Boxing: 69 Kgs  
Hails from: Golaghat, Assam  
Age: 23 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal Coach
- Domestic training
- Hospitalization charges
- Annual stipend
- Purchase of treadmill
- Sports Kit
- Medical expense, supplements



### MANISH KAUSHIK

Men's Boxing: 63 Kgs  
Hails from: Devsar Village, Haryana  
Age: 24 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Hand surgery in Mumbai
- Domestic training
- Medical supplements
- Annual stipend
- Sports Kit
- Personal Coach
- Boxing equipment
- Sports psychologist



## ARCHERY



### ATANU DAS

Men's Recurve: Individual & Team  
Hails from: Baranagar, West Bengal  
Age: 28 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support\*
- Annual stipend
- Domestic training
- Sports kit

\*Physiotherapist, sports psychologist, nutritionist



### PRAVIN JADHAV

Men's Recurve: Individual & Team  
Hails from: Satara Village, Maharashtra  
Age: 24 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal foreign coach
- Sports science support\*
- Archery equipment
- Annual stipend
- Domestic training
- Sports kit

\*Physiotherapist, sports psychologist, nutritionist

## ARCHERY



### TARUNDEEP RAI

Men's Recurve: Individual & Team  
Hails from: Namchi, Sikkim  
Age: 37 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Archery equipment
- Sports Science support\*
- Domestic training
- Sports Kit

\*Physiotherapist, sports psychologist, nutritionist



### DEEPIKA KUMARI

Women's Recurve: Individual  
Hails from: Ranchi, Jharkhand  
Age: 26 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support\*
- Archery equipment
- Domestic training
- Sports kit

\*Physiotherapist, sports psychologist, nutritionist



## SHOOTING



### APURVI CHANDELA

Women's 10m Air Rifle  
Hails from: Jaipur, Rajasthan  
Age: 28 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal Coach
- Air rifle and pellets
- Training camp in Bangalore
- Sports science support\*
- Sports psychologist
- Sports kit; medical supplements

\*Physiotherapist, nutritionist



### ELAVENIL VALARIVAN

Women's 10m Air Rifle  
Hails from: Ahmedabad, Gujarat  
Age: 22 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports kit; medical supplements
- Domestic training
- Sports Science support\*

\*Physiotherapist



## SHOOTING



### DEEPAK KUMAR

Men's 10m Air Rifle  
Hails from: New Delhi  
Age: 33 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal coach
- Air rifle and pellets
- Medical expenses; supplements
- Sports science support\*
- Domestic training
- Gym building charges

\*Physiotherapist, nutritionist



### DIVYANSH PANWAR

Men's 10m Air Rifle  
Hails from: Jaipur, Rajasthan  
Age: 18 years

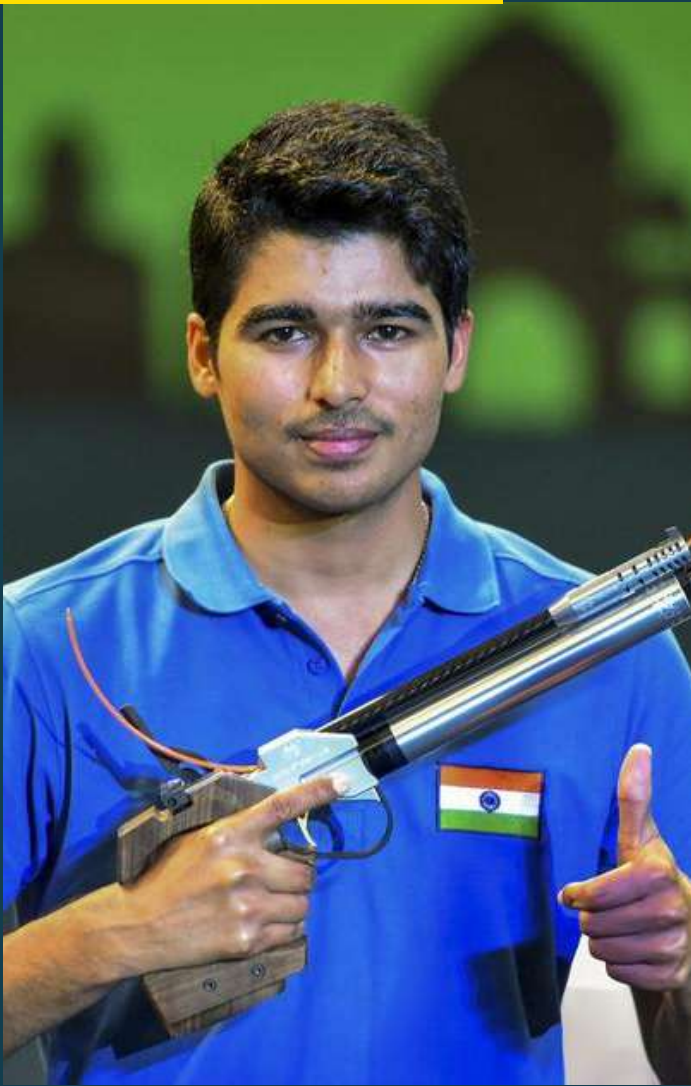
#### OGQ SUPPORT

For F.Y. 2020-21

- Air Rifle; shooting accessories
- Domestic training
- Personal coach
- SCATT training system & laptop
- Annual stipend
- Sports science support\*
- Medical expenses; supplements

\*Physiotherapist, nutritionist

## SHOOTING



### SAURABH CHAUDHARY

Men's 10m Air Pistol  
Hails from: Kalina Village, Uttar Pradesh  
Age: 18 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal Coach
- Air Pistol; shooting accessories
- Sports science support\*
- Annual stipend
- Domestic training
- Sports kit
- Medical expenses; supplements

\*Physiotherapist, nutritionist



### ABHISHEK VERMA

Men's 10m Air Pistol  
Hails from: Gurgaon, Haryana  
Age: 31 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support\*
- Domestic training
- 2 Air Pistols; shooting accessories
- Annual stipend
- Sports kit
- Medical expenses; supplements

\*Physiotherapist, S&C trainer, yoga instructor, nutritionist



## SHOOTING



### YASHASHWINI DESWAL

Women's 10m Air Pistol  
Hails from: New Delhi  
Age: 24 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support
  - Domestic training
  - Equipment
- \*Physiotherapist, sports psychologist, nutritionist



### MANU BHAKER

Women's 10m Air Pistol, 25m Sports Pistol  
Hails from: Jhajjar, Haryana  
Age: 19 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support\*
  - Air Pistol, sports pistol, pellets, shooting accessories
  - Domestic training
  - Annual stipend
  - Medical expenses; supplements
- \*Physiotherapist, sports psychologist, nutritionist



## SHOOTING



### RAHI SARNOBAT

Women's 25m Sports Pistol  
Hails from: Kolhapur, Maharashtra  
Age: 30 years

#### OGQ SUPPORT

For F.Y. 2020-21

- 25m Pistol target, accessories
- Sports science support\*
- Domestic training
- Monthly stipend
- Medical expenses; supplements
- Sports kit

\*Physiotherapist, S&C trainer, nutritionist



### AISHWARYA TOMAR

Men's 50m Rifle | 3 Positions  
Hails from: Bhopal, Madhya Pradesh  
Age: 20 years

#### OGQ SUPPORT

For F.Y. 2020-21

- .22 Rifle
- Annual stipend
- Sports science support\*
- Domestic training
- Medical expenses; supplements

## SHOOTING



## ANGAD BAJWA

Men's Skeet | Shotgun  
Hails from: Chandigarh  
Age: 25 years

## OGQ SUPPORT

For F.Y. 2020-21

- Personal foreign coach
- Skeet weapon; accessories
- Medical expenses; supplements

## ATHLETICS



## SHIVPAL SINGH

Men's Athletics | Javelin Throw  
Hails from: Varanasi, Uttar Pradesh  
Age: 25 years

## OGQ SUPPORT

For F.Y. 2020-21

- Medical supplements
- Monthly stipend
- Sports kit
- Training shoes
- Domestic training



## WRESTLING



### VINESH PHOGAT

Women's Wrestling: 53 Kgs  
Hails from: Balali Village, Haryana  
Age: 27 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal foreign coach
- Sports science support\*
- Domestic training
- Physio for foreign training
- Sports kit
- Treadmill for home training

Physiotherapist, S&C trainer, sports psychologist, nutritionist



### DEEPAK PUNIA

Men's Freestyle Wrestling: 86 Kgs  
Hails from: Chhara Village, Haryana  
Age: 22 years

#### OGQ SUPPORT

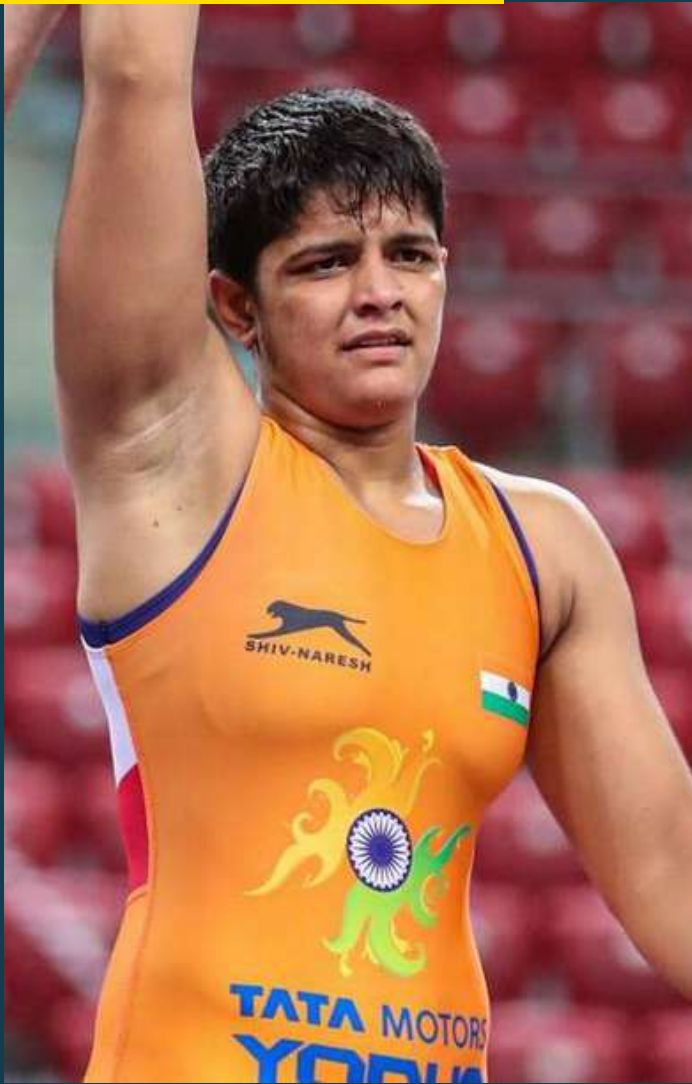
For F.Y. 2020-21

- Medical supplements
- Sports science support\*
- Personal foreign Coach
- Monthly stipend
- Domestic training
- Sports kit

Physiotherapist, S&C trainer, nutritionist



## WRESTLING



### SONAM

Women's Wrestling: 62 Kgs  
Hails from: Sonapat, Haryana  
Age: 19 years

### OGQ SUPPORT

For F.Y. 2020-21

- Medical supplements
- Domestic training
- Annual stipend
- Sports science support\*
- Sports kit
- Wrestling mat

\*Physiotherapist, nutritionist



### ANSHU

Women's Wrestling: 57 Kgs  
Hails from: Nidani Village, Haryana  
Age: 19 years

### OGQ SUPPORT

For F.Y. 2020-21

- Medical supplements
- Domestic training
- Annual stipend
- Sports kit
- Sports science support\*
- Personal coach

\*Physiotherapist, nutritionist

## WRESTLING



## RAVI KUMAR

Men's Freestyle Wrestling: 57 Kgs  
Hails from: Nahri Village, Haryana  
Age: 23 years

## OGQ SUPPORT

For F.Y. 2020-21

- Personal foreign Coach
- Medical supplements
- Sports science support\*
- Domestic training
- Annual stipend
- Sports kit

\*Physiotherapist, S&amp;C trainer, nutritionist

## SWIMMING



## MAANA PATEL

Swimming: 100m, 200m Backstroke  
Hails from: Ahmedabad, Gujarat  
Age: 21 years

## OGQ SUPPORT

For F.Y. 2020-21

- Domestic training
- Annual stipend
- Sports psychologist
- Medical supplements
- Sports Kit

\*Free Accomodation in Mumbai provided by OGQ





**The Indian archery team training at Army Sports Institute (ASI), Pune.  
(L-R): Ankita Bhakat, Madhu Vedwan, Deepika Kumari, Komalika Bari, Atanu Das, Tarundeep Rai, Dhiraj B, Pravin Jadhav**



**Javelin Thrower Shivpal Singh training at National Institute of Sports, Patiala**



**Weighlifter Mirabai Chanu training in St. Louis, USA. Mirabai moved her training base to USA due to the current COVID-19 pandemic.**





**Boxer Mary Kom training at Army Sports Institute (ASI), Pune**



**Shotgun shooter Angad Bajwa training in Chandigarh**



**The Indian Shooting Team training in Zagreb, Croatia. (Photo Credits: NRAI)**



OGQ SUPPORTED

# **ATHLETES QUALIFIED FOR TOKYO PARALYMPICS**

24th August - 5th September 2021



## PARA-ATHLETICS



### DEVENDRA JHAJHARIA

Men's Javelin Throw

Category: F-46 | Single above elbow amputee

Hails from: Churu, Rajasthan

Age: 39 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personalized gym equipment
- Domestic training
- Physiotherapist
- Medical supplements
- Annual stipend
- Sports kit



### AJEET SINGH

Men's Javelin Throw

Category: F-46 | Single above elbow amputee

Hails from: Etawah, Uttar Pradesh

Age: 27 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Training camp in Bellary
- Annual stipend
- Medical expense; supplements
- Sports kit
- Sports science support\*
- Training equipment

\*Physiotherapist



## PARA-ATHLETICS



### NAVDEEP

Men's Javelin Throw

Category: F-41 | Short Stature

Hails from: Panipat, Haryana

Age: 20 years

### OGQ SUPPORT

For F.Y. 2020-21

- Sport Equipment
- Annual stipend
- Medical supplements
- Domestic training



### RANA SOMAN

Men's Shot Put

Category: F-57 | Right leg amputee (below knee)

Hails from: Wahtyrthi Village, Meghalaya

Age: 37 years

### OGQ SUPPORT

For F.Y. 2020-21

- International competition\*
- Annual stipend
- Domestic training

\*Tunisia Open

## PARA-ATHLETICS



### MARIYAPPAN THANGAVELU

Men's High Jump  
Category: T-42/63 | Lower limb deficiency  
Hails from: Salem, Tamil Nadu  
Age: 25 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Domestic training
- Sports science support\*
- HD camera for video analysis
- Annual stipend
- Training equipment
- Sports kit
- Medical expenses; supplements

\*Physiotherapist, S&C trainer



### NISHAD KUMAR

Men's High Jump  
Category: T-47 | Single, below elbow amputee  
Hails from: Una, Himachal Pradesh  
Age: 21 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Sports science support\*
- Domestic training
- Annual stipend
- Medical expenses; supplements
- Training equipment
- Sports kit

\*Physiotherapist, S&C trainer



## PARA-ATHLETICS



### PRAVEEN KUMAR

Men's High Jump  
Category: T-44 | Lower limb deficiency  
Hails from: Jewar, Uttar Pradesh  
Age: 17 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal Coach
- Domestic training
- Annual stipend
- Medical expense; supplements



### YOGESH KATHUNIYA

Men's Discus Throw  
Category: F-56 | GB syndrome  
Hails from: Bahadurgarh, Haryana  
Age: 24 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Medical expense; supplements
- Discus, wheelchair accessories
- Annual stipend
- Sports science support\*
- Domestic training
- Sports kit

\*Physiotherapist, S&C trainer



## PARA-ATHLETICS



### VINOD KUMAR

Men's Discus Throw  
Category: F-52 | Wheelchair Bound  
Hails from: Rohtak, Haryana  
Age: 40 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Wheelchair; discus for training
- Sports science support\*
- Annual stipend
- Medical expense; supplements
- Personal coach
- Professional fees for escort

\*Physiotherapist, S&C trainer



### KASHISH LAKRA

Women's Club Throw  
Category: F-51 | Wheelchair bound  
Hails from: New Delhi  
Age: 17 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal coaching
- Medical supplements
- Annual stipend
- Domestic training
- Sports kit

## PARA-ATHLETICS



### SIMRAN

Women's 100m

Category: T13 | Partially blind

Hails from: New Delhi

Age: 21 years

### OGQ SUPPORT

For F.Y. 2020-21

- Domestic training
- Sports Kit
- Annual stipend
- Medical supplements

## PARA-BADMINTON



### KRISHNA NAGAR

Men's Singles

Category: SH-6 | Short Stature

Hails from: Jaipur, Rajasthan

Age: 22 years

### OGQ SUPPORT

For F.Y. 2020-21

- Annual stipend
- Training equipment
- Sports science support\*
- Domestic training
- Medical expense; supplements

\*Physiotherapist, S&C trainer



## PARA-ARCHERY



### HARVINDER SINGH

Men's Recurve

Category: Open | Leg impairment

Hails from: Kaithal, Haryana

Age: 30 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Personal coach
- Archery equipment
- Annual stipend
- Sports science support\*
- Domestic training
- Medical expense; supplements
- Sports kit

\*Physiotherapist



### VIVEK CHIKARA

Men's Recurve

Category: Open | Leg impairment

Hails from: Meerut, Uttar Pradesh

Age: 31 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Archery equipment
- Annual stipend
- Medical expense; supplements
- Domestic training
- Personal sports psychologist
- Sports kit



## PARA-ARCHERY



### SHYAM SUNDAR SWAMI

Men's Compound  
Category: Open | Leg impairment  
Hails from: Bikaner, Rajasthan  
Age: 24 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Archery equipment
- Annual stipend
- Sports science support\*
- Medical expense; supplements
- Personal coach

\*Physiotherapist

## PARA-SHOOTING



### SINGHRAJ ADHANA

10m Air Pistol - P1, P4  
Category: SH1 | Polio affected in both legs  
Hails from: Bahadurgarh, Haryana  
Age: 39 years

#### OGQ SUPPORT

For F.Y. 2020-21

- Electronic target & air pellets
- Sports science support\*
- Annual stipend
- Medical expense; supplements
- Domestic training

\*Physiotherapist

## PARA-SHOOTING



### AKASH

P1, P4 Pistol SH1

Category: SH1 | Polio affected in single leg

Hails from: Baghpat, Uttar Pradesh

Age: 30 years

### OGQ SUPPORT

For F.Y. 2020-21

- Equipment
- Domestic training
- Annual stipend
- Sports Kit
- Medical supplements



### SWAROOP UNHALKAR

10m Air Rifle - R1

Category: SH1 | Wheelchair bound

Hails from: Kolhapur, Maharashtra

Age: 33 years

### OGQ SUPPORT

For F.Y. 2020-21

- Wheelchair; shooting accessories
- Domestic training
- Annual stipend
- Sports science support\*
- Medical expense; supplements
- Sports kit

\*Physiotherapist, sports psychologist



## PARA-SHOOTING



### SIDHARTHA BABU

10m Air Rifle - R1  
Category: SH1 | Wheelchair bound  
Hails from: Trivandrum, Kerala  
Age: 41 years

### OGQ SUPPORT

For F.Y. 2020-21

- Domestic training
- Shooting accessories & laptop
- Sports science support\*
- Annual stipend
- Personal coach
- Medical expense; supplements
- Sports kit

\*Physiotherapist, S&C trainer

### QUOTE FROM OUR PARA ATHLETE:

//

*Maine Tokyo Paralympics ke liye qualify 2019 Dubai World Championship mein kiya tha jiska saara expenses OGQ ne hi uthaya tha. Wahan maine 2.0 meters jump kiya tha. Lockdown mein bhi OGQ ne ek Personal physio aur nutritionist ka support diya. Meri jump ab 2.07 meters ho gayi hai. Main Tokyo Paralympics mein apne best effort dunga.*

//

*- Nishad Kumar  
(High Jump - T47)*



**OGQ physiotherapist Abhishek Wagh with Para Discus Thrower Vinod Kumar at Jawaharlal Nehru Stadium, New Delhi**



**Para Archer Mitali Gaikwad in a training session in Pune**



**Para Badminton players won 2 golds, 3 silver and 2 bronze medals at the 3rd Dubai Para Badminton International 2021**





***(L-R): OGQ physiotherapist Snehil Khurana, para athlete Ajeet Singh and Coach Rakesh Kumar Yadav after a competition in New Delhi***



***OGQ physiotherapist Zeba treating Para athlete Simran in Sonepat***



***Para Javelin Thrower and 2-time Paralympic Gold medalist Devendra Jhajharia in a training session at SAI, Gandhinagar***



# ATHLETES SUPPORTED BY OGQ

F.Y. 2020-21



Here's a breakup of **185** athletes supported by OGQ across **9 sports** for the **F.Y. 2020-21**.

**04**

**ATHLETICS**

**32**

**ARCHERY**

**24**

**BADMINTON**

**33**

**BOXING**

**64**

**SHOOTING**

**01**

**SWIMMING**

**02**

**TABLE TENNIS**

**01**

**WEIGHTLIFTING**

**24**

**WRESTLING**

Here's a breakup of  
**senior/junior athletes**  
**across 9 sports** supported  
 by OGQ for the FY 2020-21

SPORT	SENIORS	JUNIORS
• ARCHERY	14	18
• ATHLETICS	02	02
• BADMINTON	11	13
• BOXING	16	17
• SHOOTING	21	43
• SWIMMING	01	NA
• TABLE TENNIS	01	01
• WEIGHTLIFTING	01	NA
• WRESTLING	11	13
<b>TOTAL</b>	<b>78</b>	<b>107</b>



# ARCHERY



## SENIORS: 14 | JUNIORS: 18

### SENIORS:

1. Ankita Bhakat
2. Atanu Das 
3. Atul Verma
4. Bombayla Devi\*
5. Deepika Kumari 
6. Indrachand Swami\*
7. Ishita\*
8. Madhu Vedwan
9. Pravin Jadhav 
10. Promila Daimary
11. Sachin Gupta
12. Sukhchain Singh
13. Sukhmani Babrekar
14. Tarundeep Rai 

### EVENT

Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve  
Recurve

### JUNIORS:

1. Ishan Hooda
2. Paras Hooda

### Age


13  
13

3. Akash Malik	18
4. Himani	18
5. Dhiraj B	19
6. Komolika Bari	19
7. Gaurav Lambe	20
8. Tisha Sancheti	20
9. Archers under Coach Choi (10 archers)	

# ATHLETICS

## SENIORS: 02 | JUNIORS: 02

### SENIORS:

1. Sahil Silwal
2. Shivpal Singh 

### EVENT

Javelin Throw  
Javelin Throw

### JUNIORS:

1. Shaili Singh
2. Kunwer Ajay

### Age

17  
19



# BADMINTON



## SENIORS: 11 | JUNIORS: 13

### SENIORS:

1. Aakarshi Kashyap
2. Ashmita Chaliha
3. Ashwini Ponnappa
4. Kiran George
5. Lakshya Sen
6. P.V. Sindhu 
7. Pranaav Chopra
8. Rahul BM
9. Saina Nehwal
10. Sikki Reddy
11. Siril Verma

### Event:

Singles  
Singles  
Doubles  
Singles  
Singles  
Singles  
Doubles  
Singles  
Singles  
Doubles  
Singles

### JUNIORS:

1. Manish Phogat
2. Sampriti Pal
3. Ansh Negi
4. Prajwal Sonawane

### Age

13  
13  
14  
14


5. Ankit Mondol	15
6. Dhruv Negi	15
7. Tasnim Mir	15
8. Pullela Sai Vishnu	16
9. Sai Satya Sarvesh	16
10. Meghana Reddy	17
11. Pranav Rao Gandham	17
12. Meiraba Luwang	18
13. Priyanshu Rajawat	19

# BOXING



## SENIORS: 16 | JUNIORS: 17

### SENIORS:

1. Akash Sangwan
2. Amit Panghal 
3. Ankit Kumar
4. Barun Singh
5. Bhavesh Kattimani

### WEIGHT

- 64 Kg
- 52 Kg
- 60 Kg
- 49 Kg
- 52 Kg



6. Deepak Bohria	52 Kg
7. Gaurav Solanki	57 Kg
8. Jaismine	57 Kg
9. Kavinder Bisht	57 Kg
10. Lovlina Borgohain 	69 Kg
11. Manish Kaushik 	63 Kg
12. Manju Rani	48 Kg
13. Mary Kom 	51 Kg
14. Nitu	48 Kg
15. Shashi Chopra	60 Kg
16. Sonia Chahal	57 Kg

## JUNIORS:

## Age


1. T. Kimhueinei	14
2. Khoichung Ringeichim	15
3. Miraj Khan*	15
4. Serto Jefferson*	15
5. Mangte Chungneireng	16
6. Porlembi Chongtham*	16
7. Preeti Dahiya	16
8. Edipak Singh	17
9. Kunjarani Devi	17
10. Rohit Singh	17
11. Ambeshori Devi	18

12. Bishwamitra	18
13. Bolotsion Singh	18
14. Heikrujam Nilakanta*	18
15. Naorem Baby Chanu	18
16. Poonam Malik	18
17. Victor Singh	18

# SHOOTING

## SENIORS: 21 | JUNIORS: 43

### SENIORS:

	Event
1. Abhishek Verma 	10m Air Pistol
2. Anmol Jain	10m Air Pistol
3. Annu Raj Singh	10m Air Pistol
4. Heena Sidhu*	10m Air Pistol
5. Jitu Rai	10m Air Pistol
6. Mahima Agarwal	10m Air Pistol
7. O.P. Mitharwal	10m Air Pistol
8. Shahzar Rizvi	10m Air Pistol

9. Yashaswini Deswal 	10m Air Pistol
10. Apurvi Chandela 	10m Air Rifle
11. Arjun Babuta	10m Air Rifle
12. Deepak Kumar 	10m Air Rifle
13. Elavenil Valarivan 	10m Air Rifle
14. Gagan Narang	10m Air Rifle
15. Pankaj Kumar	10m Air Rifle
16. Rahi Sarnobat 	25m Rapid Fire
17. Vijay Kumar	25m Rapid Fire
18. Gaayathri N*	50m 3 Positions
19. Angad Bajwa 	Skeet
20. Kynan Chenai	Trap
21. Manavaditya Rathore	Trap

## JUNIORS:

	Age
1. Abhinav Shaw	13
2. Esha Singh	16
3. Harshawardhan Yadav	16
4. Rudranksh Patil	17
5. Yash Vardhan	17
6. Anish Bhanwala	18
7. Dhanush Shrikant	18
8. Divyansh Panwar 	18
9. Saurabh Chaudhary 	18



10. Udhayveer Sidhu	18
11. Vijayveer Sidhu	18
12. Adarsh Singh	19
13. Arjun Cheema	19
14. Hriday Hazarika	19
15. Manu Bhaker 	19
16. Shapath Bharadwaj	19
17. Aishwary Tomar 	20
18. Mehuli Ghosh	20
19. Shreya Agrawal	20
20. Project Leap (24 Shooters)	NA

# SWIMMING

## SENIOR: 01



### SENIOR:

1. Maana Patel 

### Event

100m Backstroke

# TABLE-TENNIS



SENIOR: 01 | JUNIOR : 01

## SENIOR:

1. Archana Kamath

## Event

Women's Singles

## JUNIOR:

1. Diya Chitale

## Age

17

# WEIGHTLIFTING

SENIOR: 01

## SENIOR:

1. Mirabai Chanu 

## Weight

Women's 49 Kg

# WRESTLING



## SENIORS: 11 | JUNIORS: 13

### SENIORS:

1. Deepak Punia
2. Divya Kakran
3. Naveen
4. Pooja Gahlot
5. Rahul Gulia
6. Ravikumar
7. Sarita Mor
8. Sharvan\*
9. Sumit
10. Vijay Patil
11. Vinesh Phogat

### Weight

- 86 Kg
- 68 Kg
- 57 Kg
- 50 Kg
- 57 Kg
- 57 Kg
- 57 Kg
- 61 Kg
- 125 Kg
- 57 Kg
- 53 Kg



### JUNIORS:

1. Neeraj
2. Sumit Malik
3. Himanshu Pawar
4. Mansvi

### Age

- 13
- 14
- 15
- 15



5. Pratham Dalal	16
6. Udit	16
7. Aman	17
8. Bhagyashree Fand	17
9. Sonam Malik 	18
10. Anshu 	19
11. Mansi	19
12. Ravinder	19
13. Ankush	20



# PARA ATHLETES SUPPORTED BY OGQ

F.Y. 2020-21

Here's a breakup of **30**  
para athletes supported by  
OGQ across **4 sports for the**  
**F.Y. 2020-21**

**04**

**PARA ARCHERY**

**15**

**PARA ATHLETICS**

**06**

**PARA BADMINTON**

**05**

**PARA SHOOTING**



Here's a breakup of **senior/junior para athletes across 4 sports** supported by OGQ for the FY 2020-21

SPORT	SENIORS	JUNIORS
• PARA ARCHERY	04	NA
• PARA ATHLETICS	13	02
• PARA BADMINTON	05	NA
• PARA SHOOTING	05	NA
TOTAL	28	02

# PARA ARCHERY

**TOTAL: 04**

## PARA ATHLETE:

## CATEGORY:

### Compound Archery:

1. Mitali Gaikwad
2. Shyam Sundar Swami 

Open

Open

### Recurve Archery:

3. Harvinder Singh 
4. Vivek Chikara 

Open

Open

## Category Description:

Currently OGQ supports archers in the **Open** category.

Athletes in this category may have impairment in the legs and use a wheelchair or have a balance impairment and shoot standing or resting on a stool.

Open category athletes may shoot in recurve or compound competitions, under standard rules, and the category is featured at the Paralympic Games.

# PARA ATHLETICS

TOTAL: 15

## PARA ATHLETE:

## CATEGORY:

### JAVELIN THROW

1. Ajeet Singh 	F-46
2. Devendra Jhajharia	F-46
3. Navdeep	F-41

### DISCUS THROW:

4. Ajit Panchal	F-52
5. Bobby	F-37
6. Vinod Kumar 	F-52
7. Yogesh Kathuniya 	F-56

### CLUB THROW:




8. Kashish Lakra	F-51
------------------	------

### SHOTPUT:

9. Rana Soman	F-57
---------------	------



## HIGH JUMP:

10. Mariyappan Thangavelu 	T-42
11. Nishad Kumar 	T-47
12. Parveen Kumar 	T-44
13. Ramsingh Govindbhai	T-42

## 100m RACE:

14. Simran	T-13
------------	------

## 1500m RACE:

15. MS Sharath	T-13
----------------	------

### Category Description

#### Field Events:

- F-36: Cerebral Palsy, coordination impairments
- F-41: Short stature
- F-42: Above-knee missing limb or amputation
- F-46: Below-elbow single amputation
- F-51: Wheelchair bound | Severe
- F-52: Wheelchair bound | Severe
- F-56: Wheelchair bound | Moderate
- F-57: Wheelchair bound | Minor

#### Track Events:

- T-13: Partial Vision Impairment
- T-42 - 44: Lower limb competing without prosthesis affected by limb deficiency, leg length difference, impaired muscle power or impaired passive range of movement
- T-47: Upper limb/s affected by limb deficiency

# PARA BADMINTON

**TOTAL: 05**

## PARA ATHLETE:

## CATEGORY:

### Singles:

1. Chirag Baretha	SU-5
2. Krishna Nagar 	SH-6
3. Palak Kohli*	SU-5
4. Sukant Kadam	SL-4

### Doubles:

5. Abu Hubaida	WH1-2
6. Prem Kumar Ale	WH1-2

## Category Description:

- WH1: Wheelchair/ severe impairment
- WH2: Wheelchair/minor impairment
- SL4: Standing/lower limb impairment/severe
- SU5: Standing/upper limb impairment
- SH6: Standing/short stature

# PARA SHOOTING

**TOTAL: 05**

## PARA-ATHLETE:

## CATEGORY:

### PISTOL:

1. Akash 	SH1
2. Singhraj Adhana 	SH1

### RIFLE:

3. Sidhartha Babu 	SH1
4. Sriharsha Devaraddi	SH2
5. Swaroop Unhalkar 	SH1

## Category Description:

### Rifle:

- SH1: Lower Limb Impairment
- SH2: Upper Limb Impairment

### Pistol:

- SH1: Athletes with both lower and upper limb impairment can compete in Pistol events.

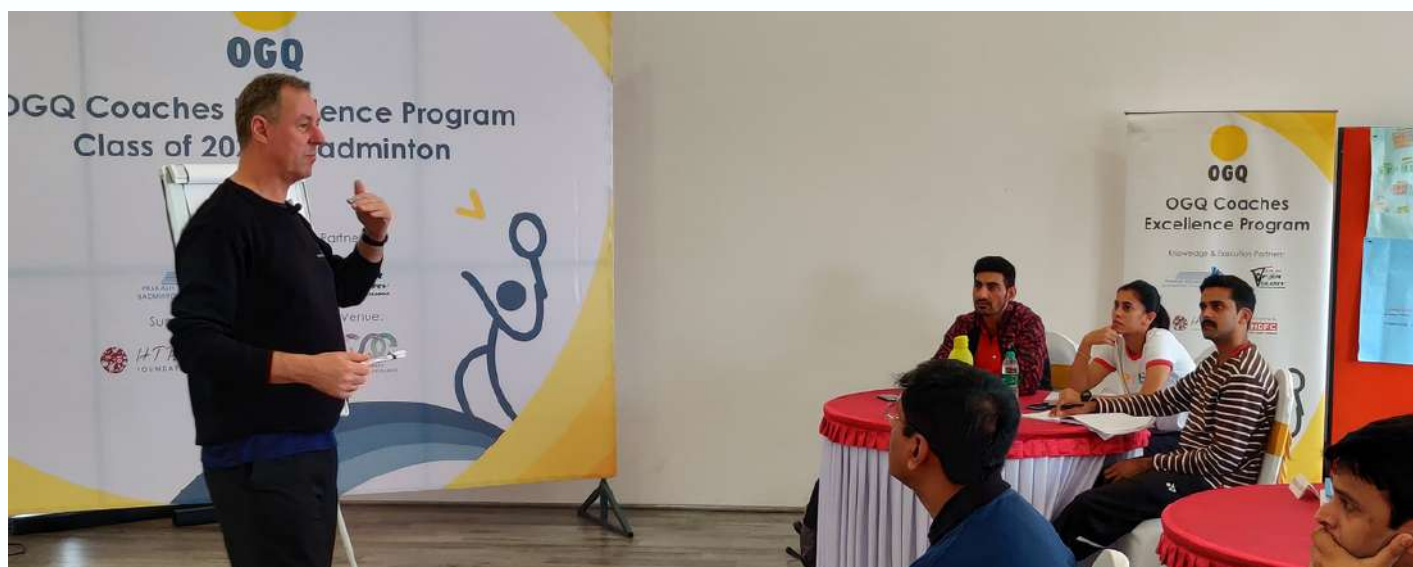




# OGQ COACHES EXCELLENCE PROGRAM

## BADMINTON CLASS OF 2021

## ABOUT THE PROGRAM



Morten Frost (Badminton Legend, Former World No.1) delivering a session to Badminton coaches at PDCSE in Bengaluru, 2019

## ABOUT THE PROGRAM:

The Coaches Excellence Program brings together top coaches and experts from sports science, technical & tactical training and soft skills training to empower the next-generation of high performance Indian coaches in Badminton and Shooting. OGQ launched Coaches Excellence Program (CEP) in 2017 with a mission to develop world class Indian coaches who can in the long run produce more Olympic champions.

Till date, a total of 50 coaches (Badminton and Shooting together) from 3 batches have graduated from the program.

## VISION & MISSION:

Our Vision is to empower high performance coaches by enabling continuous learning and building a support system.

Our Mission is to accelerate development of Indian coaches who can train athletes to become Olympic champions.

## KNOWLEDGE & EXECUTION PARTNERS:



## COURSE FEE:

As a part of our commitment to support the coaching ecosystem, this program is delivered **FREE OF COST** for the selected coaches.



# OGQ CEP CLASS OF '21

## (BADMINTON ONLY)

Owing to the pandemic, we conducted sessions only for Badminton in FY 2020-21.

### BATCH HIGHLIGHTS:

**The 3rd Batch for Badminton coaches commenced in April 2020. The class composition included:**

- 8 Male | 2 Female coaches
- 5 Former International players
- Youngest Coach: 26 years old
- Oldest coach: 44 years old

### PROGRAM HIGHLIGHTS

#### Hybrid Model:

Owing to the pandemic situation, a transition was made to virtual learning for the Class of 2021. We worked with our trainers to modify the sessions and make them engaging and interactive online. The first 3 workshops were delivered by our trainers on Zoom and training material was shared on CEP mobile app.

The fourth workshop was conducted residually at the Padukone-Dravid Centre for Sports Excellence (CSE), Bengaluru in February 2021 after following all the COVID related safety protocols.



*Morten Frost (Badminton Legend, Former World No.1) delivering an online session on Match Tactics and Analysis for CEP coaches.*



*Dronacharya Awardee Mr. Vimal Kumar delivering an on-court session on Advanced Multifeed Techniques in Badminton*



*Ameen Haque (Founder Storywallahs) delivering a session on the Power of Storytelling for the CEP Badminton Coaches*



The main focus of the practical sessions were:

- Advance Strokes: On-court technical session
- Multi-feed drills
- Practical S&C sessions.

We received very good feedback on the digital learning structure from participating coaches and trainers.

Going ahead CEP will follow a **hybrid** model where a part of the program will be delivered online, and the practical sessions will be delivered face to face in the residential workshops.

## APPLICATIONS OF LEARNING:

### The Annual Project:

This project is a 3-month exercise that the coaches have to undertake with their athletes. The aim is to co-create goals and implement learnings from the Coaches Excellence Program systematically on-ground.

At the end of the project, the coaches present their Annual Project and explain how CEP sessions have helped them make impact in their training sessions. This project is presented to a jury of experts for a final evaluation.



Deckline Leitao (S&C Trainer for elite athletes) sharing knowledge on Strength & Conditioning techniques with CEP coaches



Olympian Ashwini Ponnappa (Badminton Doubles player) sharing her experience on training needs of an elite athlete



Indrajit Sen & Nupur Goenka from Vyaktitva delivering an online session on Feedback Techniques for CEP coaches

# ALUMNI INITIATIVE

## ANNUAL ALUMNI CONFERENCE:

This is a long-term initiative to engage the CEP alumni coaches every year and bring them together for continuous learning and upgradation of skills. The inaugural conference was held virtually from 31st October to 8th November 2020.

28 alumni coaches of CEP from Badminton and Shooting attended the sessions that included:

- Leadership Lessons by Ashish Gupta (Co-Founder Benori Knowledge and Evalueserve)
- Badminton legend Morten Frost on tournament planning and analysis of training sessions
- Interaction with Shooting Olympians Joydeep Karmakar and Rahi Sarnobat on dealing with pressure and strategies for training elite athletes.
- Case studies with sports science experts on assessments and nutrition for female athletes.

## LOCKDOWN WEBINAR SERIES

Between April – June 2020 we organized zoom sessions for badminton and shooting alumni coaches. Topics included managing mental wellbeing of athletes, online fitness training during lockdown and planning return to training post lockdown.



Olympian Rahi Sarnobat sharing her experience on dealing with pressure in Shooting



Olympian Joydeep Karmakar sharing his experience and learnings about his journey from being a champion to an elite coach in Shooting



Sports Nutritionist Aradhana Sharma delivering an online session on Managing Nutrition during the Lockdown for Athletes.



## SOME OF OUR ESTEEMED TRAINERS



**MORTEN FROST**

Badminton Legend from Denmark  
Former World No. 1



**VIMAL KUMAR**

Co-Founder - PPBA | Olympian |  
Former National coach of India



**IAN WRIGHT**

Director of Development  
at Badminton World Federation



**MARTIN ANDREW**

BWF Level 3 Instructor; Technical  
Director of Singapore Badminton



**NIKHIL LATEY**

Sport scientist and  
Physiotherapist at ProPhysio



**AMEY KOLEKAR**

Head of Sports Science: Junior  
Scholarship Program at OGQ



**MUGDHA BAVARE**

Sports Psychologist | Director,  
Disha Counseling Centre



**GAGAN ADLAKHA**

Senior Partner at Vyaktitva  
Life/Executive Coach



**INDRAJIT SEN**

Senior Consultant at Vyaktitva

## SOME OF OUR GUEST SPEAKERS:



**PANKAJ CHADDAH**

Co-founder - Mindhouse  
and Zomato



**ASHWINI PONNAPPA**

Olympian | World Championship,  
Asian Games & CWG Medalist



**VIDUSHPAT SINGHANIA**

Managing Partner, Krida Legal





# THANK YOU TO ALL OUR SUPPORTERS

We are really grateful to each and every supporter of OGQ who contributed in the FY 2020-21, many of whom have been our long term supporters.

It was your backing that helped athletes supported by OGQ to navigate through this tough pandemic, and keep their quest for winning an Olympic medal for India alive.

# RS. 1 CRORE

## & ABOVE



- Jamnalal Bajaj Foundation
- Fortress Welfare Foundation (Sameer Koticha)
- HCL Corporation Ltd
- Neeraj-Sunisha Arora Foundation
- Rahul Mehta
- Nippon Life India Asset Management Ltd
- Avenue Supermarts Limited
- HDFC Bank Ltd
- Boston Consulting Group (India) Pvt Ltd
- Sequoia Capital India (Shailendra Singh)
- Alkem Foundation
- Planetcast Media Services Ltd

# RS. 50 LAKHS

## & ABOVE



- Rakesh Jhunjhunwala Foundation
- Edelgive Foundation
- HT Parekh Foundation
- HDFC Securities Ltd
- Sumir Chadha
- ENAM Holdings Pvt Ltd
- JM Financial Foundation
- Shanghvi Finance Pvt Ltd
- Avendus Finance Pvt Ltd
- Hexaware Technologies Ltd
- Inventures Knowledge Solutions Pvt Ltd
- Great Eastern CSR Foundation
- Vimal Kavuru



# RS. 25 LAKHS

## & ABOVE



- Mukesh Bansal
- Acsys Investments Pvt Ltd
- Kotak Mahindra Bank Ltd
- Godrej Consumer Products Ltd
- Macquarie Capital Securities (India) Pvt Ltd
- A.T.E. Chandra Foundation
- Parle Products Pvt Ltd
- NOCIL Limited
- TVS Motor Company Ltd
- Aditya Vikram Birla Memorial Trust
- Netmagic Solutions Pvt Ltd
- DMI Group
- Rialto Enterprises Pvt Ltd
- Navin Fluorine International Ltd
- IGT Solutions Pvt Ltd
- Mohit Bhatnagar
- VT Bharadwaj

# RS. 15 LAKHS

## & ABOVE



- Pankaj Chaddah
- Ashish Kacholia
- Citrix Systems India Pvt Ltd
- Gaja Corporate Advisors Pvt Ltd
- Brain Point Investment Center Pvt Ltd
- Accel Partners India LLP
- Hema & Ashok Hattangady
- Ajanta Pharma Ltd
- Medico Electrodes International Ltd
- Tufropes Pvt Ltd
- Jai Rajpal

# RS. 5 LAKHS

## & ABOVE



- Vassudeva Dempo Family Pvt Trust
- Dipak & Radha Basu
- Jaimin Bhatt
- Pramadwathi Jandhyala
- Dinesh Chandra Agarwal
- Valuequest Investment Advisors Pvt Ltd
- Chitra Talwar
- Sanjay Shah
- ARS Steels And Alloy
- CAMS Investor Services Pvt Ltd
- Kiran Vyapar Ltd
- Shardaben Chiman Bhai Charity Trust
- Navneet Foundation
- Srivatsan Rajan
- Geecee Ventures Ltd
- Marketboats Consulting Pvt Ltd
- Deepak Premnarayan
- Diamour Inc
- Anil Godhwani
- Aditya Agarwal
- Bhaskar Sunkara
- Sportz Interactive Pvt Ltd
- Red Bull India Pvt Ltd
- Ranodeb Roy
- Anshu Goyal
- Jayanti Kalyanaraman & Venkat Venkataramani
- DSP Investment Managers Pvt Ltd
- Narendra K Parekh Foundation
- Sri Nataraja Trust
- Pradeep Parameswaran
- Pramila & Vinod Nambiar
- Ravi Mankude
- Saroj Kumar Patnaik
- Sarojini Damodaran Foundation
- Hassanand Bodaram Chawla Charitable Trust
- Sandeep Nayak & Vani Venkatesh
- Advent India Pe Advisors Pvt Ltd
- Voltamp Transformers Ltd
- Hemendra Kothari Foundation
- Mukund Dhondge
- Mukund Sridhar
- Navneet Chahal & Rahul Chaudhary
- Rajat Agarwal
- Rohit Kale
- Sakshi Gudwani & Shantanu Deshpande
- Vinod Padikkal
- Spot On Logistics
- Mukul Deoras
- Sharda Cropchem Limited



# RS. 50,000

## & ABOVE



- BV Jagadeesh
- Raju Reddy
- Anuj Magazine
- Mohandas & Padmasree Warrior
- Western Consolidated Pvt Ltd
- East India Holdings Pvt Ltd
- Unmesh Sharma
- Vinati Kastia
- Trident Automobiles Pvt Ltd
- Ashish Gumashta
- Manas Saikia Foundation
- Meena & K.Ganesh
- CDPQ India Pvt Ltd
- Mukul Arora
- Chiratae Ventures
- Pearl Enterprise
- Sakshi Chopra
- B.N. Bhagwat
- HT Kanabar Higher Education Trust
- Hamid Moochhala
- Salil Pitale
- Daulat Ram Durga Devi Jain Charitable Trust
- Chinmay Deo
- Ramnath Balasubramanian
- Inclusive Endowment Foundation
- George Koshy
- Alchemy Capital Management Pvt Ltd
- Aroni Charitable Trust
- Mphinite Solutions Pvt Ltd
- Soujanya Color Pvt Ltd
- Jaidit Brar
- Oremus Corporate Services Pvt Ltd
- Naresh Krishnaswamy
- Pankaj Dinodia
- Rishi Vasudev
- Suresh Goyal
- Abhiroop Medhekar
- Harit Talwar
- Jurimatrix Services India Pvt Ltd
- Manik Gupta
- Abhinav Chaturvedi
- Chirag Pritam Dureja
- Dhruv Swamini
- Love Sharma
- J Ramaswamy
- Sahil Kini
- Subrat Mohanty
- Vivek Sunder
- Vidit Aggarwal
- Amit Mehra Foundation
- Maneesh Malhotra
- Siddhartha Mohanty
- Abhijeet Dabas
- Anish Khadiya
- Ankit Agarwal
- Astha Jain
- Avinash Goyal
- L Bala Naidu
- Lakshminarayan Swaminathan
- Rajul Jain
- Vinayshankar Kulkarni
- Vinod Murali
- Archish Gopal Tajpuriya
- Sreejan Choudhary
- Venktesh Shukla
- Vishrut Malhotra
- Parikshit Sondhi



# MEET THE OGQ TEAM

# MANAGEMENT TEAM

**Viren Rasquinha**  
Director & CEO

## ATHLETE MANAGEMENT

**Yatin Bhatkar**  
Head – Athlete Management

**Jyoti Kanwatia**  
Senior Manager – Athlete Management

**Ashish Kochar**  
Senior Manager – Athlete Management

## RESEARCH & ANALYSIS

**Anukool Bharadwaj**  
Head – Research & Analysis

**Arnav Jain**  
Manager – Research & Analysis

## ADMIN & COMPLIANCE

**Shweta Suratkal**  
Head – Administration & Compliance

**Trisha Panchal**  
Senior Manager – Administration

**Priyanka Aher**  
Manager – Administration

## PARTNERSHIPS & COMMUNICATIONS

**Neha Aggarwal**  
Head – Partnerships & Communication

**Kavita Shetty**  
Manager – Partnerships

## COACHES EXCELLENCE PROGRAM

**Vaibhav Tandon**  
Head – Coaches Excellence Program

**Dhwani Panchal**  
Manager – Coaches Excellence Program

**Anand Murali**  
Manager – Coaches Excellence Program

## ACCOUNTS & IT

**Siddique Shaikh**  
Head – Accounts

**Vivek Pathak**  
Head – IT & Website

**Mohammad Arbaaz**  
Manager – Accounts

**Wasim Shah**  
Deputy Manager – Accounts

**Vinod Narsingkar**  
Office Assistant



# SPORTS SCIENCE TEAM

## **Poornima Raman**

Head - Sports Science

## **Amey Kolekar**

Head - Sports Science for Junior Program

### **PHYSISOTHERAPISTS**

Siddharth Sakalle

Sumita Jain

Aalaap Jawadekar

Shloka Varvatkar

Munesh Kumar

Abdul Wahid

Zeinia Samar

Deepika Sinam Devi

Shubham Gupta

Chinmay Bhide

Pushkar Ganoo

Sumya Halder

Vidhya Kumari

Abhishek Wagh

Alok Kumar

Umang Agrawal

Snehil Khurana

Dharamveer Yadav

Zeba

### **STRENGTH & CONDITIONING**

Moby Duyu

Siddhant Shipurkar

Akshay Bhapkar

Lakshay Batra

### **NUTRITIONISTS**

Tajinder Kaur

Sharmada Venkat

Mohit Dhariwal

# SPORTS SCIENCE CONSULTANTS

## SPORTS SCIENTIST

Nikhil Latey

## SPORTS MEDICINE SPECIALIST

Dr. Kenjom Ngomdir

## SURGEONS

Dr. Abhay Nene  
Dr. Abhishek Kini  
Dr. Anant Joshi  
Dr. Deepak Bhatia  
Dr. Dinshaw Pardiwala  
Dr. Gaurav Bharadwaj  
Dr. Raju Easwaran  
Dr. Sanjay Desai  
Dr. Sudhir Warriar  
Dr. Chirag Thonse  
Dr. N. Subramanian

## RADIOLOGISTS

Dr. Aditya Daftary  
Dr. Sriram Rajan  
Dr. Vinay Guglani

## OPHTHALMOLOGIST

Dr. Tinku Bali  
Dr. Sheetal Kishanpuria

## STRENGTH & CONDITIONING

Har Narayan Kaur

## SPORTS PSYCHOLOGISTS

Mugdha Bavare  
Gayatri Vartak  
Janki Rajapurkar  
Vaibhav Agashe  
Sanskriti Chhabra

## SONOLOGIST

Dr. Mahesh Menon

## ENT SPECIALIST

Dr. Sarvejit Singh

# DONATION DETAILS

## FOR INDIAN PASSPORT HOLDERS

### RTGS/NEFT DONATIONS:

**Account Name:** Foundation for Promotion of Sports and Games

**Name of the Bank:** Kotak Mahindra Bank

**Address:** 5C/11, Ground Floor, Mittal Court Mumbai – 400021

**Account Number:** 8011917737

**Type of Account:** Savings Account

**IFSC Code:** KKBK0000958

**MICR:** 400485002

### CHEQUE/DEMAND DRAFT FAVOURING:

**'Foundation for Promotion of Sports and Games'**

**Can be sent to:**

Olympic Gold Quest,

5th Floor, Anand 105 Building, Ambedkar Road,

Bandra West, Mumbai - 400050

## FOR NON-INDIAN PASSPORT HOLDERS

### FCRA DONATIONS:

**Account Name:** Foundation for Promotion of Sports and Games

**Name of the Bank:** State Bank Of India

**Address:** FCRA Cell, 4th Floor, State Bank of India, New Delhi Main Branch, 11 Sansad Marg, New Delhi - 110001

**Account Number:** 40058828348

**Type of Account:** Savings Account

**IFSC Code:** SBIN0000691

**SWIFT Code:** SBININBB104





# BENEFITS OF ASSOCIATION

## NATIONAL PRIDE

Partner in a national cause of creating Olympic champions.

## CSR

**OGQ is CSR compliant as per the Companies Act 2013.** CSR Form 1 Registration No. is CSR00001100

Donation is eligible for **50% tax benefit** through Section 80G.

## TRANSPARENCY

A comprehensive annual report showcasing utilization of funds and the impact it has created in athletes performance.



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

**OUR WEBSITE:**



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

**CONTACT US:**



[neha@olympicgoldquest.com](mailto:neha@olympicgoldquest.com)



Olympic Gold Quest, 401, 5th floor, Anand Building,  
Ambedkar road, Bandra West, Mumbai - 400050