



“

The best part of my relationship with the entire OGQ team is the level of belief and trust we have with each other. They understand my sport very deeply, they know when to give athletes their space and they support unconditionally. I have no doubt that it would have been extremely difficult for me to get this far without the support from OGQ since the time I was 10 years old.

- Lakshya Sen
(Currently 20 yrs old)

**LAKSHYA
SEN**

**BRONZE
WORLD
CHAMPIONSHIP**

**SILVER
ALL ENGLAND
OPEN**

Know more on Pages 16-18

Annual Performance Report **2021-22**

Foundation for Promotion of Sports and Games

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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 and Paralympic gold medals.

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



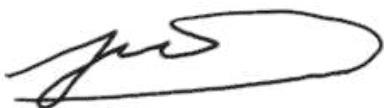
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**Notes
from our
Directors**

Dear friends,

It's that time of the year when on behalf of the Board and the entire operations team we thank our well wishers and supporters. We also provide details of our work in this APR. OGQ exists for the athletes who we support and this existence is not possible without you. So thank you for ensuring that OGQ continues to exist and more importantly keeps growing to impact more and more athletes and in some ways the sporting ecosystem in our country.

We are all geared up and getting ready for Paris 2024 and the stepping stones to our athletes performances will be how they perform at the Commonwealth Games at Birmingham, UK. We are leaving no stone unturned to provide whatever it takes for our athletes to fulfil their potential and shine with their performances at the greatest sporting spectacle which is held every four years.

Thank you again for your belief in what we do.



Geet Sethi

Co-Founder & Director, OGQ | 9-time World Cue Sports Champion
Khel Ratna and Padma Shri Awardee

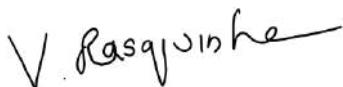


As we look back on 2021, I can say it was truly a special year for us at OGQ, not just in terms of the Olympic and Paralympic results which were the best ever for India, but also in terms of overcoming the enormous challenges that the pandemic threw at us. After a year of uncertainty, where many athletes supported by OGQ and our sports science staff on field had suffered the Covid-19 infection just a few months before the Games, the team showed great resilience and courage to hang in there and give their everything at Tokyo. And honestly, that has always been my greatest learning from Sport - To Never Give Up.

This year also marks 10 years of the OGQ Junior Program started in 2012. Two out of the four of the medal winners at Tokyo supported by OGQ have come through the ranks of our OGQ Junior Program. We started supporting P.V. Sindhu when she was just 14 years old and Wrestler Ravi Kumar when he was 16 years old. I congratulate our research team that has developed a thorough and robust methodology to scout the best young talent in the country. Lakshya Sen, now 20 years old is another marquee name who underlines the importance of catching them young. OGQ has been supporting him since he was 10 years old.

Post the Tokyo Olympics, we have scaled up our team, especially the sports science experts. OGQ also continues to work closely with the Sports Authority of India (SAI), Target Olympic Podium Scheme (TOPS) & National Sports Federations.

I extend my huge gratitude to all our donors for continuing to show your unflinching support and faith in us. There are now less than two years to go to the Paris 2024 Olympics. We will stay focused as always.



Viren Rasquinha

Managing Director & CEO - OGQ

Former India Hockey Team Captain | Olympian | Arjuna Awardee



Our Board of Directors

**PRAKASH PADUKONE**

All England Badminton
Champion;
Co-founder, OGQ

**GEET SETHI**

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

The Idea and Inception of OGQ:

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, 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.

**VISWANATHAN ANAND**

8-time World
Chess Champion

**NIRAJ BAJAJ**

Chairman, Bajaj Auto;
Arjuna Awardee in
Table Tennis

**SHITIN DESAI**

Chairman,
Julius Baer Wealth Managers

**R RAMARAJ**

Senior Advisor,
Elevar 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**

President - Strategy,
HCL

**VIREN RASQUINHA**

Former India Hockey Captain;
Olympian; MD & CEO, OGQ

OGQ Milestones

2008

First athlete

OGQ starts supporting its first athlete **Gagan Narang** in Shooting.

2012

Junior Program:

So far, more than 250 juniors totally have been scouted and supported by OGQ under this program.

2012



LONDON

OGQ supported athletes won 4 medals at the London Olympics:

Silver: 1

Bronze: 3

2016



RIO

OGQ supported shuttler P.V. Sindhu wins a medal for India

Silver: 1

2017

Coaches Program:

100 Coaches upskilled and empowered in Badminton & Shooting; 4000+ athletes have benefitted across India.

**2019****Support to Para Athletes:**

OGQ begins support to para athletes across 7 sports. 66 para athletes have been supported so far

**2020****TOKYO**

OGQ supported athletes won:

4 OLYMPIC MEDALS

Silver: 2
Bronze: 2

10 PARALYMPIC MEDALS

Gold: 1
Silver: 7
Bronze: 2

2021**MOUs & Partnerships**

With Sports Authority of India for Cycling (National Centre of Excellence) and Archery Association of India

Highlights of F.Y. 2021-22

Tokyo Olympic Games 2020



Athletes supported by OGQ won 4 out of 7 medals won by India at the Tokyo Olympic Games 2020.



MIRABI CHANU
Silver | Weightlifting



RAVI KUMAR
Silver | Wrestling



LOVLINA BORGOHAIN
Bronze | Boxing



P.V. SINDHU
Bronze | Badminton

Tokyo Paralympic Games 2020



Athletes supported by OGQ won 10 out of 19 medals won by India at the Tokyo Paralympics Games 2020.



KRISHNA NAGAR
Gold | Para Badminton



BHAVINA PATEL
Silver | Para Table Tennis



DEVENDRA JHAJHARIA
Silver | Para Athletics



MARIYAPPAN THANGAVELU
Silver | Para Athletics



NISHAD KUMAR
Silver | Para Athletics



PRAVEEN KUMAR
Silver | Para Athletics



YOGESH KATHUNIYA
Silver | Para Athletics



SINGHRAJ ADHANA
Silver & Bronze | Para Shooting



HARVINDER SINGH
Bronze | Para Archery

New Initiative

Support to Cycling's National Centre of Excellence

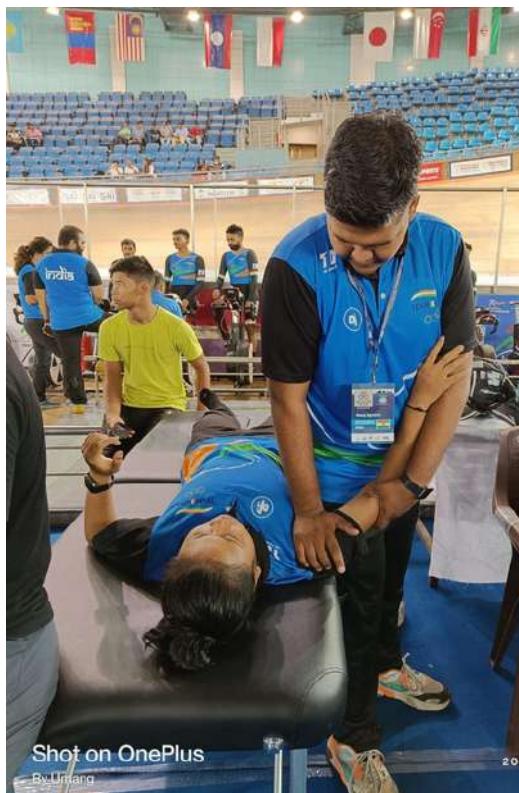
In October 2021, OGQ signed a MoU with Sports Authority of India (SAI) towards supporting the National Centre of Excellence (NCOE) in the sport of Cycling at the Indira Gandhi stadium in New Delhi. This marked OGQ's first ever MoU directly with SAI. The objective of the MoU is to work with the top young cyclists in India and target an Olympic medal in Cycling at the Los Angeles 2028 Olympics.

This program currently trains 55 of India's top cyclists preparing for Los Angeles 2028. OGQ has provided a specialized team of staff for the Cycling NCOE which includes – Rene Wenzel, a High Performance Director who hails from Denmark, a senior Sports Scientist, Sports Science staff that comprise of – a nutritionist, a physiotherapist, a sports psychologist, cycling mechanics, sports masseurs and a senior administrator.

With this MoU, OGQ along with SAI will strive to get world class performances for India in Cycling.



Sports Psychologist Nanaki Chaddha with a cyclist



Physiotherapist Umang Agarwal treating a cyclist at the Asian Championship at New Delhi

World Championship Medalists (Men's Singles) and their age of winning:

Athlete	Age	Year	Medal
• Prakash Padukone	27 yrs	1983	Bronze
• Sai Praneeth	27 yrs	2019	Bronze
• Srikanth Kidambi	28 yrs	2021	Silver
• Lakshya Sen	20 yrs	2021	Bronze

Lakshya Sen's Journey

LAKSHYA SEN:**Age:** 20 years**Hails from:** Almora district, Uttarakhand**Trains at:** Prakash Padukone Badminton Academy, Bengaluru**TALENT SPOTTED**

Lakshya Sen was first spotted by Prakash Padukone and Vimal Kumar in Bengaluru

**OGQ BEGINS SUPPORT**

OGQ started supporting Lakshya under of Prakash Padukone's mentorship

**GOING INTERNATIONAL**

OGQ supported Lakshya for his first International tournament in Singapore where he topped the podium

2010**2011****2011****2019****2018****2017**

COACH MORTEN FROST
OGQ & PPBA jointly roped in former World No.1 Morten Frost for a period of 2 years to coach Lakshya.



SILVER AT YOUTH OLYMPIC GAMES
Lakshya won the Silver medal in Men's Singles



JUNIOR WORLD RANK 1:
By Feb 2017, Lakshya became Junior World No.1 at the young age of 16 yrs.



BRONZE AT WORLD CHAMPIONSHIP

Lakshya became the youngest Indian male Badminton player to win a WCH medal at the age of 20 years.



TRAINING WITH WORLD NO. 1 IN DUBAI

Lakshya was invited by Tokyo Olympic Gold medalist Viktor Axelsen to Dubai for a training camp.



KOREAN COACH FOR LAKSHYA

OGQ & PPBA together brought two-time Olympic medallist Yoo Yong Sung to train Lakshya until Paris2024 Olympics.

2021

2021

2021

“

Lakshya is an exceptional talent; PPBA and OGQ started supporting him right from the time when he was just 10 years old. He is very dedicated and naturally gifted but most importantly, he is very level headed and does not get carried away. Lakshya has truly announced his arrival on the world stage, but the greater challenge for him begins now. From my own experience, I can say with conviction that reaching the highest level is difficult, but the bigger challenge is staying at that level as it requires a lot more effort and mental strength.

- Prakash Padukone



SILVER AT ALL ENGLAND

Lakshya became the youngest Indian male Badminton player to reach All England finals (against Viktor Axelson).

2022

Athlete Snapshot for F.Y. 2021-22

261 Athletes Supported

by OGQ in F.Y. 2021-211



207 Olympic Athletes

- Archery
- Badminton
- Boxing
- Shooting
- Wrestling
- Athletics
- Swimming
- Table Tennis
- Weightlifting

84

Female
Athletes



123

Male
Athletes



54 Paralympic Athletes

- Para Archery
- Para Athletics
- Para Badminton
- Para Canoe
- Para Powerlifting
- Para Shooting
- Para Table Tennis

13

Female
Para Athletes



41

Male
Para Athletes



94

Junior
Athletes

113

Senior
Athletes

Areas of Support

for Olympic & Paralympic Athletes

SPORTS SCIENCE SUPPORT

- Physiotherapy
 - Nutrition
 - Strength & Conditioning
 - Sports Psychology
 - Masseurs
 - Injury Management and Rehabilitation
-

EQUIPMENT SUPPORT

- Sports Equipment
 - Gym equipment
 - Wheelchair & Prosthetics for Para-Athletes
-

COACHING & TOURNAMENT SUPPORT

- Travel for Tournaments (domestic & international)
- Coaching (domestic & international)
- International Coaching Stints and Camps
- Monthly Stipend



Olympic Athletes supported by OGQ

09 Olympic Sports

207 Athletes Supported

94 | Senior Athletes

113 | Junior Athletes

- Archery
- Badminton
- Boxing
- Shooting
- Wrestling
- Athletics
- Swimming
- Table Tennis
- Weightlifting

Sports Science Support:

- Physiotherapy
- Nutrition
- Masseurs
- Strength & Conditioning
- Sports Psychology

Training and Tournament Support:

- Sports Equipment
- Travel for tournaments
(Domestic & International)
- Coaching
(Domestic & International)
- Monthly Stipend



Pravin Jadhav



Komalika Bari



Archery

Total Athletes: 21
Seniors: 13 | Juniors: 08



Indian Women's Archery Team
at Paris World Cup



Atanu Das & Deepika Kumari



Ever since I started Archery, I have been dreaming of winning an Olympic medal for India. I made it to my first Olympics at Tokyo in 2021 but missed winning a medal there. Along with the OGQ team, I have already started training for Paris 2024 and will give my 100% to win a medal for India. I want to be the best Archer India has ever produced, and I believe I can do it.

Pravin Jadhav | Olympian

(Hails from Satara district in Maharashtra)



PERFORMANCE HIGHLIGHTS

ARCHERY | F.Y. 2021-22

SENIORS:

World Cup Stage 1, Guatemala City (Guatemala) - Apr 2021

- Gold: Atanu Das | Men's Individual - Recurve
- Gold: Deepika Kumari | Women's Individual - Recurve

World Cup Stage 3, Paris (France) - Jun 2021

- Gold: Atanu Das | Mixed Team - Recurve
- Gold: Deepika Kumari | Women's Individual - Recurve

JUNIORS

Youth World Championship, Wroclaw (Poland) - Aug 2021

Gold: Komalika Bari | Women's Individual - Recurve

World Cup Stage 1, Guatemala City (Guatemala) - Apr 2021

Gold: Komalika Bari | Women's Team - Recurve

ATHLETES SUPPORTED

ARCHERY | F.Y. 2021-22

SENIORS

	AGE (Yrs)
1. Ankita Bhakat	23
2. Atanu Das	30
3. Atul Verma*	25
4. Deepika Kumari	27
5. Gaurav Lambe*	22
6. Madhu Vedwan	24
7. Pravin Jadhav	24
8. Promila Daimary*	25
9. Sangeeta	22
10. Sukhchain Singh	25
11. Sukhmani Babrekar	22
12. Tarundeept Singh Rai*	38
13. Yashdeep Bhoge	21

JUNIORS

1. Akash Malik	19
2. Dhiraj B	20
3. Himani	19
4. Ishan Hooda	16
5. Komalika Bari	20
6. Paras Hooda	16
7. Parth Salunkhe	18
8. Tisha Sancheti*	21

* Discontinued support after annual performance review

Lakshya Sen

27



Badminton

Total Athletes: 24

Seniors: 12 | Juniors: 12



P.V. Sindhu



Tasnim Mir

PERFORMANCE HIGHLIGHTS

BADMINTON | F.Y. 2021-22

SENIORS:

Olympics Games, Tokyo (Japan) - Aug 2021

Bronze: P.V. Sindhu | Women's Singles 

BWF World Championship, Huelva (Spain) - Dec 2021

Bronze: Lakshya Sen | Men's Singles

All England Open, Birmingham (U.K.) - Mar 2022

Silver: Lakshya Sen | Men's Singles

India Open, Super 500, New Delhi - Jan 2022

Bronze: Aakarshi Kashyap | Women's Singles

Swiss Open, Super 300, Basel - Mar 2022

Gold: P.V. Sindhu | Women's Singles

Ukraine International, International Series, Kharkiv - Sep 2021

Gold: Priyanshu Rajawat | Men's Singles

Bronze: Meiraba Luwang | Men's Singles

JUNIORS:

Bulgarian Junior Open, Pazardzhik - Aug 2021

Gold: Tasnim Mir | Women's Singles

German Open, Ruhr - Oct 2021

Gold: Ansh Negi | Men's Singles U-15

Gold: Prajwal Sonawane U-17 | Men's Singles U-17

Denmark Junior Open, Odense - Oct 2021

Gold: Ansh Negi | Men's Singles U-15

Silver: Prajwal Sonawane | Men's Singles U-17

Iran Fajr International Challenge, Shiraz - Feb 2022

Gold: Tasnim Mir | Women's Singles

ATHLETES SUPPORTED

BADMINTON | F.Y. 2021-22

SENIORS

	AGE (in years)
1. Aakarshi Kashyap	20
2. Ashmita Chaliha	22
3. Ashwini Ponnappa*	32
4. Kiran George	22
5. Lakshya Sen	20
6. Meiraba Luwang	19
7. P.V. Sindhu	26
8. Priyanshu Rajawat	20
9. Rahul Bharadwaj*	22
10. Saina Nehwal	32
11. Sikki Reddy*	28
12. Siril Verma	22

JUNIORS

1. Ankit Mondol	16
2. Ansh Negi	15
3. Anupama Upadhyaya	16
4. Dhruv Negi	16
5. Manish Phogat	14
6. Meghana Reddy	18
7. Prajwal Sonawane	15
8. Pranav Rao Gandham	18
9. Pullela Sai Vishnu	17
10. Sai Satya Sarvesh	18
11. Sampriti Pal	14
12. Tasnim Mir	16

* Discontinued support after annual performance review



Boxing

Total Athletes: 40
Seniors: 26 | Juniors: 14





My journey to the Olympic podium was very hard, especially in the last 2 years during the pandemic. I contracted covid a few months before the Olympics and the OGQ team really helped me in my treatment & recovery as I was all alone in Delhi. 43 days before the Tokyo Olympics, I had a serious ankle ligament strain & OGQ helped me in my rehab to get me fully fit. I am hungry to now change the colour of my medal in Paris 2024.

Lovlina Borgohain | Tokyo Olympic Bronze Medalist

(Hails from Golaghat district in Assam)



PERFORMANCE HIGHLIGHTS

BOXING | F.Y. 2021-22

SENIORS:

Olympic Games, Tokyo (Japan) - Aug 2021

Bronze: Lovlina Borgohain | Women's 69 Kg

Asian Championship, Dubai (UAE) - May 2021

Silver: Amit Panghal | Men's 52 Kg

Bronze: Mary Kom | Women's 51 Kg

Bulgaria International Championship, Sofia (Bulgaria) - Oct 2021

Gold: Kunjarani Devi | Women's 60 Kg

Strandja Memorial, Sofia (Bulgaria) - Mar 2022

Gold: Nitu | Women's 48 Kg

JUNIORS:

AIBA Youth World Championship, Kielce (Poland) - Apr 2021

Gold: Arundhati Chaudhary | Women's 69 Kg

Gold: Biswamitra | Men's 51 Kg

Gold: Sanamcha | Women's 75 Kg

ATHLETES SUPPORTED

BOXING | F.Y. 2021-22

SENIORS

	AGE (in years)
1. Akash Kumar	21
2. Akash Sangwan	22
3. Amit Panghal	26
4. Anamika Hooda	21
5. Ankit Kumar*	22
6. Arundhati	19
7. Barun Singh	22
8. Bhavesh Kattimani	20
9. Bolotsion Singh	19
10. Deepak Kumar Bohria	24
11. Gaurav Solanki*	25
12. Jaismine	20
13. Kavinder Singh Bisht	29
14. Lakshya Chahar	20
15. Lovlina Borgohain	24
16. Manish Kaushik	26
17. Manju Rani	22
18. Mary Kom	39
19. Narender	27
20. Nitu	21
21. Poonam	19
22. Sanamacha Chanu	20
23. Shashi Chopra*	22
24. Sonia Chahal*	24
25. Sumit	19
26. Victor Singh	19

* Discontinued support after annual performance review

ATHLETES SUPPORTED (Contd.)

BOXING | F.Y. 2021-22

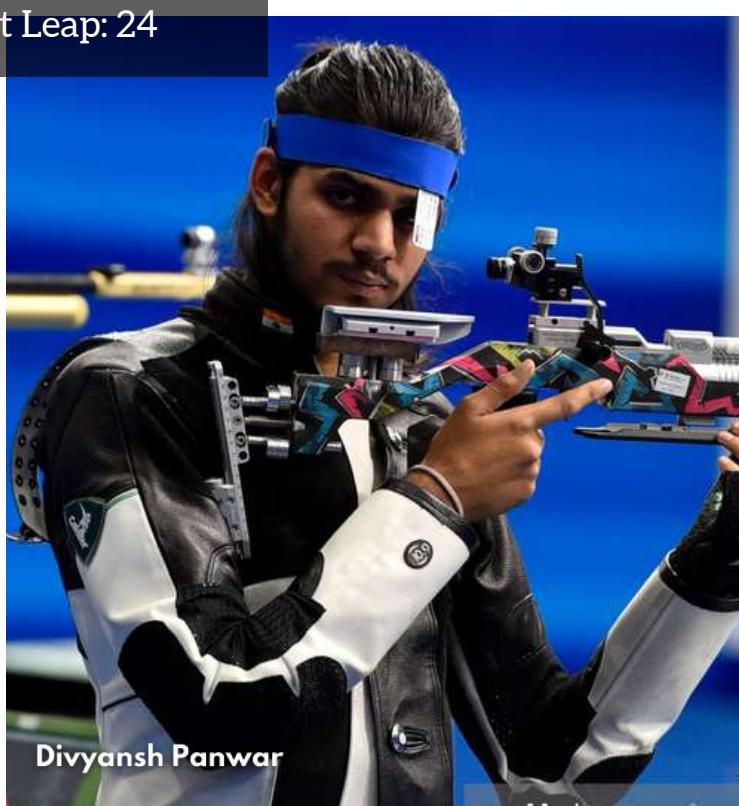
JUNIORS

1.Ambeshori Devi	19
2.Baby Chanu	20
3.Biswamitra	19
4.Deepak	17
5.Edipak Singh	18
6.Khoichung Ringeichim	16
7.Kunjarani Devi	18
8.Laishram Edison Singh	19
9.Rosemary Chanu	18
10.Chungneireng Kom	17
11.Preeti Dahiya	17
12.Rohit Singh	18
13.Sagolshem Bijeta	18
14.T. Kimhueinei	15



Shooting

Total Athletes: 75
Seniors: 24 | Juniors: 27
Project Leap: 24



PERFORMANCE HIGHLIGHTS

SHOOTING | F.Y. 2021-22

SENIORS:

ISSF World Cup, Osijek (Croatia) - Jun 2021

- Bronze: Yashaswini Singh Deswal | Women's 10m Air Pistol Team

ISSF President's Cup, Wroclaw (Poland) - Nov 2021

- Bronze: Abhishek Verma | Men's 10m Air Pistol

JUNIORS:

ISSF Senior World Cup, Osijek (Croatia) - Jun 2021

- Bronze: Manu Bhaker | Women's 10m Air Pistol Team

ISSF Junior World Championship, Lima (Peru) - Sep 2021

- Gold: Aishwary Pratap Singh Tomar | Men's 50m Rifle 3 Positions
- Gold: Paarth Makhija | Men's 10m Air Rifle Team
- Silver: Rudrankksh Patil | Men's 10m Air Rifle

ISSF Senior President's Cup, Wroclaw (Poland) - Nov 2021

- Gold: Manu Bhaker | Mixed 10m Air Pistol Team
- Silver: Saurabh Chaudhary | Men's 10m Air Pistol

ISSF Senior World Cup Shotgun, Lima (Peru) - Mar 2022

- Bronze: Shapath Bharadwaj | Men's Trap Team

ISSF Senior World Cup, Cairo (Egypt) - Mar 2022

- Gold: Anish Bhanwala | Mixed 25m Rapid Fire Team
- Gold: Esha Singh | Women's 10m Air Pistol Team
- Gold: Rhythm Sangwan | Women's 25m Pistol Team
- Gold: Saurabh Chaudhary | Men's 10m Air Pistol

Senior National Championship, New Delhi - Dec 2021

- Silver: Naamya Kapoor | 25m Pistol Women

Junior National Championship, New Delhi - Nov 2021

- Gold: Shiva Narwal | 10m Air Pistol Men

ATHLETES SUPPORTED

SHOOTING | F.Y. 2021-22

SENIORS

	AGE (in years)
1. Abhidnya Patil	23
2. Abhishek Verma	32
3. Angad Bajwa	26
4. Anmol Jain	23
5. Annu Raj Singh	38
6. Apurvi Chandela	29
7. Arjun Babuta	23
8. Deepak Kumar	34
9. Elavenil Valarivan	23
10. Gagan Narang	38
11. Gurjot Singh Khangura	27
12. Jitu Rai*	34
13. Kynan Chenai	31
14. Mahima Agarwal*	23
15. Manavaditya Rathore	23
16. Mehuli Ghosh	21
17. Nisha Kanwar	21
18. Om Prakash Mitharval	26
19. Pankaj Kumar*	25
20. Rahi Sarnobat	31
21. Shahzar Rizvi	27
22. Shreya Agrawal	21
23. Vijay Kumar	36
24. Yashaswini Deswal	25

PROJECT LEAP

(24 Shooters)

* Discontinued support after annual performance review

ATHLETES SUPPORTED (Contd.)

SHOOTING | F.Y. 2021-22

JUNIORS

AGE (in years)

1. Abhinav Shaw	14
2. Adarsh Singh	20
3. Aishwarya Pratap T.	21
4. Anish	19
5. Arjun Cheema	20
6. Ayushi Podder	21
7. Dhanush Srikanth	19
8. Divyansh Panwar	19
9. Esha Singh	17
10. Harshwardhan	17
11. Hriday Hazarika	20
12. Manu Bhaker	20
13. Naamya Kapoor	14
14. Naveen	20
15. Paarth Makhija	20
16. Ramita	17
17. Rhythm Sangwan	17
18. Rudrankksh Patil	18
19. Saurabh Chaudhary	19
20. Shapath Bharadwaj	20
21. Shikha Narwal	17
22. Shiva Narwal	16
23. Srinjoy Dutta	18
24. Udhayveer Sidhu	19
25. Vijayveer Sidhu	19
26. Yash Vardhan	18
27. Zeena Khitta	20

Ravi Kumar

Aman

38

Wrestling

Total Athletes: 37
Seniors: 12 | Juniors: 25

Anshu Malik

Vinesh Phogat

PERFORMANCE HIGHLIGHTS

WRESTLING | F.Y. 2021-22

SENIORS:

Olympics Games, Tokyo (Japan) - Aug 2021

- Silver: Ravi Kumar | Men's Freestyle 57 Kg 

World Championship, Oslo (Norway) - Oct 2021

- Silver: Anshu Malik | Women's 57 Kg
- Bronze: Sarita Mor | Women's 59 Kg

Asian Championship, Almaty (Kazakhstan) - Apr 2021

- Gold: Ravi Kumar | Men's Freestyle 57 Kg

Yasar Dogu Rankings, Istanbul (Turkey) - Feb 2022

- Bronze: Deepak Punia | Men's Freestyle 92 Kg

Dan Kolov Rankings, Veliko Tarnovo (Bulgaria) - Feb 2022

- Bronze: Deepak Punia | Men's Freestyle 92 Kg

Poland Open, Warsaw (Poland) - Jun 2021

- Gold: Vinesh Phogat | Women's 53 Kg

JUNIORS:

Junior World Championship, Ufa (Russia) - Aug 2021

- Silver: Ravinder | Men's Freestyle 61 Kg

Dan Kolov Rankings, Veliko Tarnovo (Bulgaria) - Feb 2022

- Silver: Aman | Men's Freestyle 57 Kg

Senior National Championship, Gonda (U.P.) - Nov 2021

- Bronze: Bhagyashree Fand | Women's 59 Kg

Junior National Championship, Patna (Bihar) - Apr 2021

- Gold: Rupin | Men's Greco Roman 55 Kg
- Silver: Sagar | Men's Freestyle 74 Kg

ATHLETES SUPPORTED

WRESTLING | F.Y. 2021-22

SENIORS

	AGE (in years)
1.Anju	23
2.Ankush	22
3.Deepak Punia	22
4.Divya Kakran*	23
5.Naveen	23
6.Pooja Gahlot	25
7.Rahul Gulia	23
8.Ravi kumar	24
9.Sarita Mor	27
10.Sumit*	29
11.Vijay Patil	23
12.Vinesh Phogat	27

JUNIORS

1.Aman	18
2.Anshu	20
3.Atish Todkar	19
4.Atul	16
5.Bhagyashree Fand	18
6.Deepak	20
7.Deepanshu Saroha	17
8.Himanshu Pawar	16
9.Karn	19

* Discontinued support after annual performance review

ATHLETES SUPPORTED (Contd.)

WRESTLING | F.Y. 2021-22

10. Manish Goswami	17
11. Mansi	20
12. Mansvi	16
13. Neeraj Joon	14
14. Nitin	13
15. Pratham Dalal	17
16. Ravi	18
17. Ravinder	20
18. Ravinder	16
19. Rohit	20
20. Rohit Dahiya	18
21. Rohit Kumar	15
22. Rupin	16
23. Sagar Jaglan	17
24. Sonam Malik	20
25. Udit	17



Weightlifting: 01

Senior: 01

Weightlifting & Table Tennis

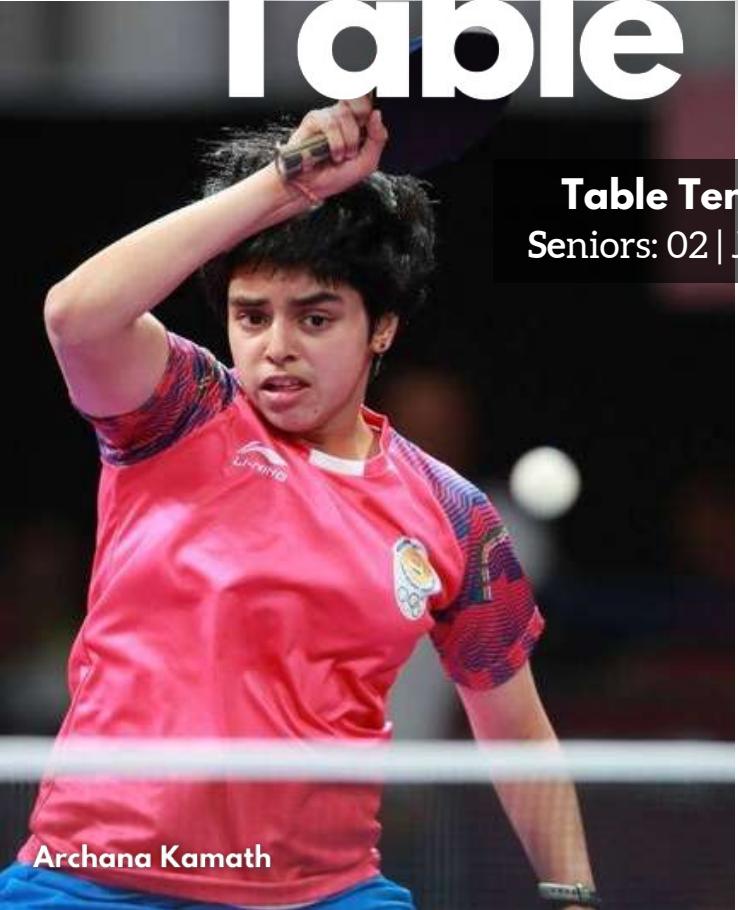


Table Tennis: 03

Seniors: 02 | Juniors: 01

Archana Kamath



Diya Chitale



OGQ provided me with full-fledged sports science support for my training for the 2020 Tokyo Olympics, especially with the physiotherapist, sports psychologist & nutritionist. In the 2016 Rio Olympics, I couldn't make a successful lift for which sports psychologist Mugdha Bavare helped me overcome my fear and I went into Tokyo as a very confident athlete. The physiotherapist ensured that I was able to manage all my injuries in the leadup to Tokyo. I am grateful to OGQ for such strong sports science support which is crucial in Weightlifting.

Mirabai Chanu | Tokyo Olympic Silver Medalist

(Hails from Imphal in Manipur)



PERFORMANCE HIGHLIGHTS

TABLE TENNIS & WEIGHTLIFTING | F.Y. 2021-22

WEIGHTLIFTING

SENIOR:

Olympic Games, Tokyo (Japan) - Aug 2021

- Silver: Mirabai Chanu | Women's 49 Kg

Asian Championship, Tashkent (Uzbekistan) - Apr 2021

- Bronze: Mirabai Chanu | Women's 49 Kg

TABLE TENNIS:

SENIORS:

WTT Star Contender, Doha (Qatar) - Mar 2022

- Bronze: Archana Kamath | Women's Doubles

JUNIORS:

WTT Youth Contender, Otočec (Slovenia) - Sep 2021

- Bronze: Diya Chitale | Women's Singles

ATHLETES SUPPORTED

WEIGHTLIFTING & TABLE TENNIS | F.Y. 2021-22

WEIGHTLIFTING

SENIOR

1. Mirabai Chanu

AGE (in years)

27

TABLE TENNIS

SENIORS:

1. Archana Kamath

AGE (in years)

21

2. Manav Thakkar

22

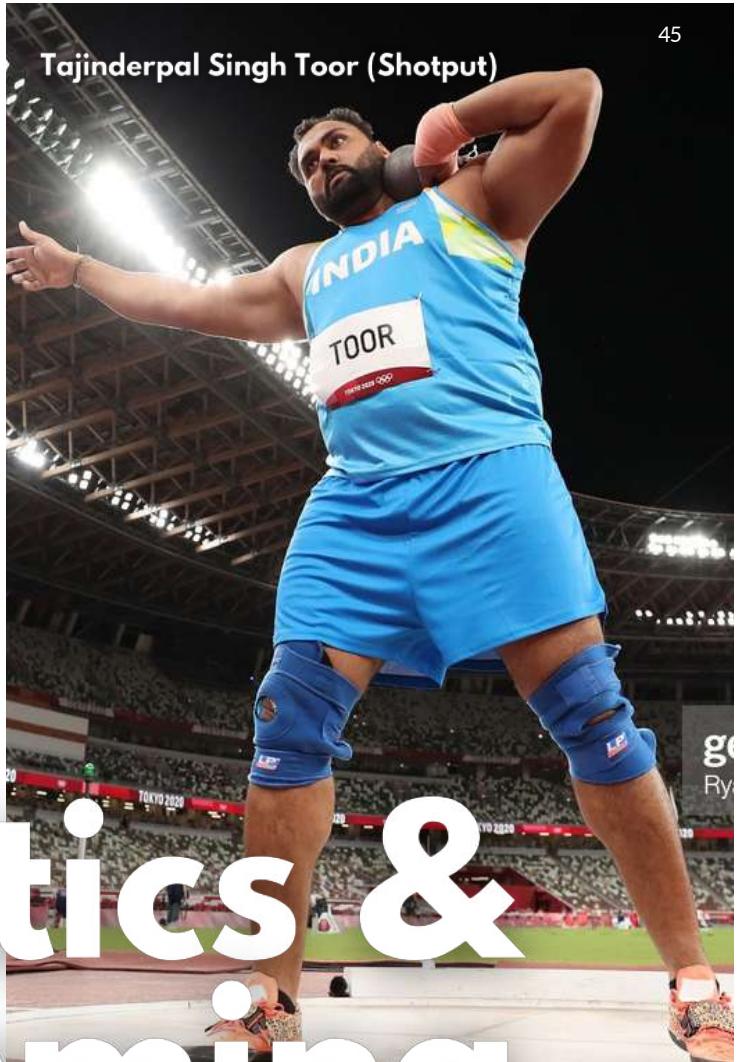
JUNIOR:

1. Diya Chitale

19

* Discontinued support after annual performance review

Tajinderpal Singh Toor (Shotput)



Athletics & Swimming

Athletics: 05

Seniors: 03 | Juniors: 02

Swimming: 01

Senior: 1

Shaili Singh (Long Jump)

Maana Patel



OGQ stated supporting me when I was just 15 years old. I was struggling a lot with my fitness and injuries until OGQ physio Zeba and nutritionist Sharmada started working with me. The video analysis support from OGQ has helped me refine my technique further. I have won a silver medal in U-20 World Championship medal in 2021 and now my focus is on the Paris 2024 Olympics.

Shaili Singh | Long Jumper | Silver Medalist, World U-20 Championship
(Hails from Jhansi in Uttar Pradesh)



PERFORMANCE HIGHLIGHTS

ATHLETICS & SWIMMING | F.Y. 2021-22

ATHLETICS

SENIORS:

Open National Championships, Warangal (Telangana) - Sep 2021
Gold: Sahil Silwal | Javelin Throw

JUNIORS:

World Athletics U-20 Championships, Nairobi (Kenya) - Aug 2021
Silver: Shaili Singh | Long Jump

SWIMMING:

SENIOR:

Belgrade Trophy, Belgrade (Serbia) - Jun 2021
• Gold: Maana Patel | 100m Backstroke

ATHLETES SUPPORTED

ATHLETICS & SWIMMING | F.Y. 2021-22

ATHLETICS

SENIORS:

	AGE (in years)
1. Sahil Silwal	21
2. Shivpal Singh*	26
3. Tajinderpal Singh Toor	27

JUNIORS:

1. Kunwer Ajay	20
2. Shaili Singh	18

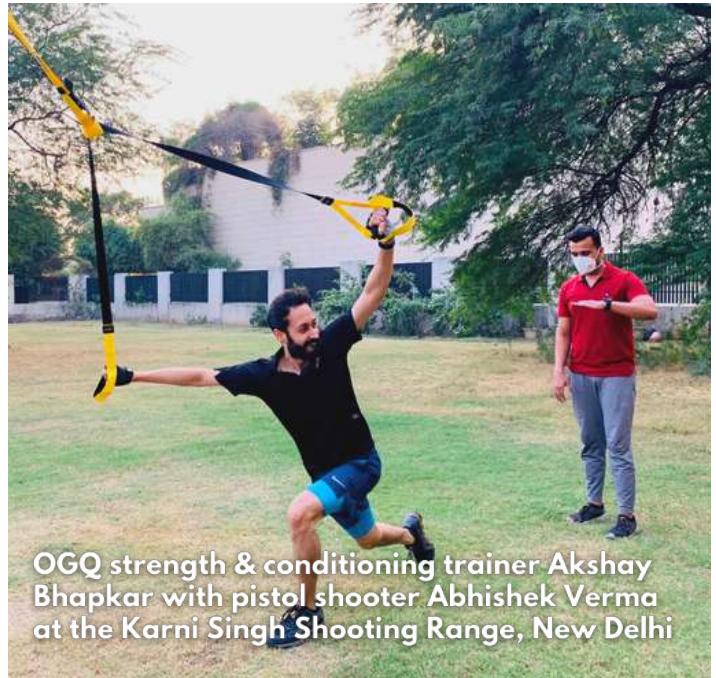
SWIMMING:

SENIOR:

1. Maana Patel*	22
-----------------	----

* Discontinued support after annual performance review







Paralympic Athletes supported by OGQ

07 Paralympic Sports

- Para Athletics
- Para Archery
- Para Badminton
- Para Canoe
- Para Shooting
- Para Powerlifting
- Para Table Tennis

54 Athletes Supported

Sports Science Support

- Physiotherapy
- Nutrition
- Strength & Conditioning
- Sports Psychology

Training & Tournament Support

- Sports Equipment
- Wheelchair & Prosthetics
- Travel for tournaments
(Domestic & International)
- Coaching
(Domestic & International)
- Monthly Stipend

Krishna Nagar



Sukant Kadam



Para Badminton



Karan Paneer and Amudha Saravanan



Prem Kumar Ale



I consider myself extremely fortunate to have received support from OGQ at a time when only my family and coach were supporting me. Through OGQ's support, I was able to train at a high level as they provided our academy with shuttles, training, a gym, and recovery equipment. Their support also allowed me to follow a proper diet which kept me fit and ready for all my tournaments especially the Paralympics in Tokyo.

Krishna Nagar | Tokyo Paralympic Gold Medalist

(Hails from Jaipur in Rajasthan)



PERFORMANCE HIGHLIGHTS

PARA BADMINTON | F.Y. 2021-22

Paralympic Games, Tokyo (Japan) - Sep 2021

- **Gold:** Krishna Nagar

BWF Uganda International, Kampala (Uganda) - Nov 2021

- **Gold:** Abu Hubaida
- **Gold:** Hardik Makkar
- **Gold:** Sukant Kadam
- **Silver:** Prem Kumar Ale & Abu Hubaida

BWF Spain International, Vittoria (Spain) - Mar 2022

- **Gold:** Nithya Sre (Level 1)
- **Gold:** Krishna Nagar (Level 2)
- **Gold:** Nithya Sre (Level 2)
- **Gold:** Pramod Bhagat (Level 2)
- **Gold:** Sukant Kadam (Level 2)

PARA ATHLETES SUPPORTED

PARA BADMINTON | F.Y. 2021-22

PARA ATHLETE

Men's Doubles

1. Abu Hubaida
2. Prem Kumar Ale

IMPAIRMENT CATEGORY

- WH1: Wheelchair user
WH2: Wheelchair user

Men's Singles

1. Dhinagaran P.
2. Krishna Nagar
3. Sivarajan Solaimalai
4. Nehal Gupta
5. Pramod Bhagat
6. Sukant Kadam
7. Chirag Baretha
8. Hardik Makkar
9. Karan Paneer
10. Ruthick Ragupathi
11. Shashank Kumar
12. Haris Mythili Srikumar
13. Sanjeev Kumar

- SH6: Short stature
SH6: Short stature
SH6: Short stature
SL3: Lower limb impairment
SL3: Lower limb impairment
SL4: Lower limb impairment
SU5: Upper limb impairment
SU5: Upper limb impairment
SU5: Upper limb impairment
SU5: Upper limb impairment
WH1: Wheelchair user
WH2: Wheelchair user
WH2: Wheelchair user

Women's Singles

1. Nithya Sre
2. Amudha Saravanan
3. Manisha Ramadass

- SH6: Short stature
SL3: Lower limb impairment
SU5: Upper limb impairment

Devendra Jhajharia (Javelin Throw)

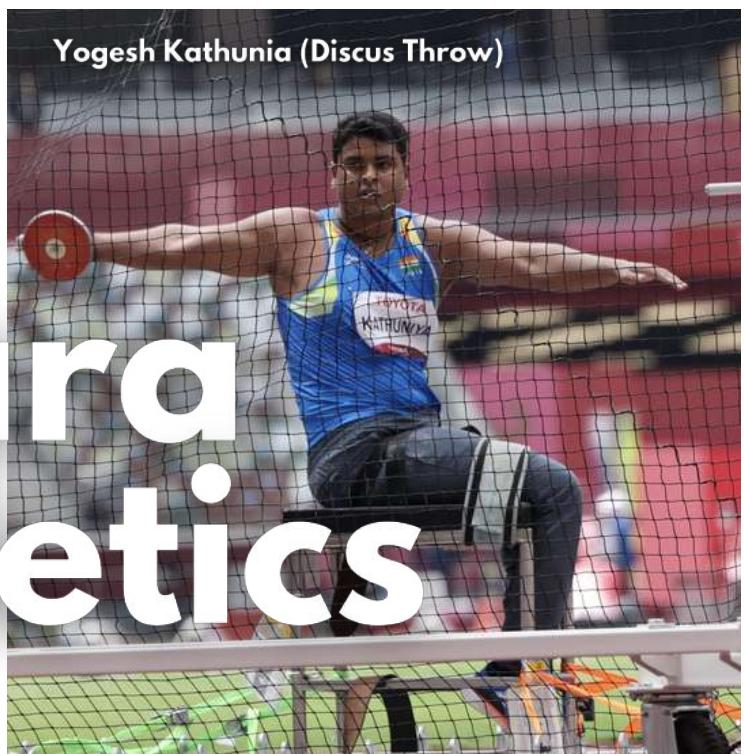
55



Nishad Kumar (High Jump)

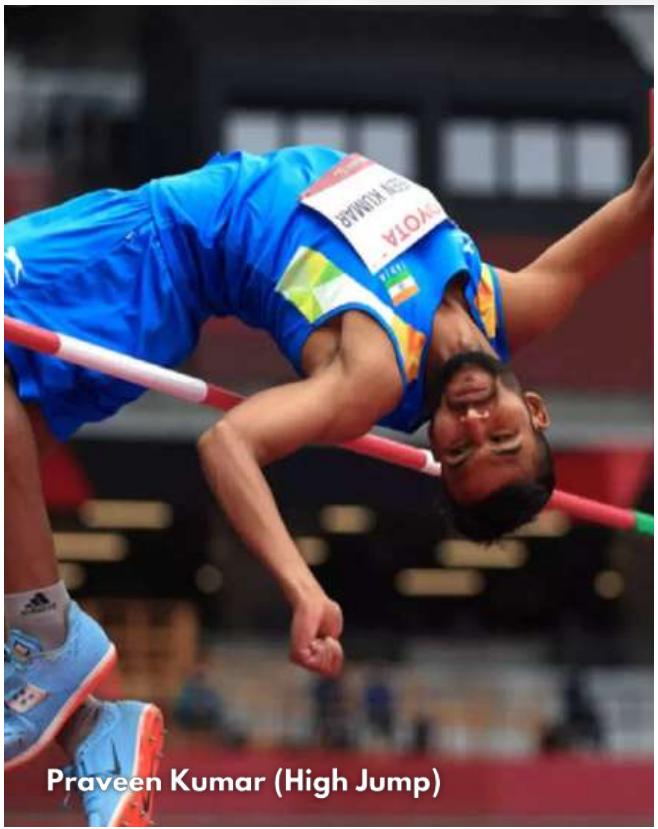


Yogesh Kathunia (Discus Throw)

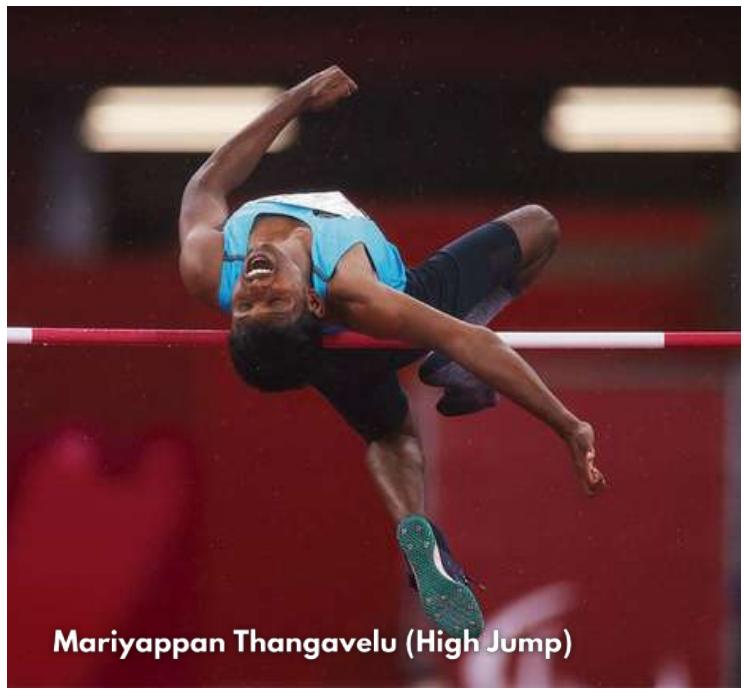


Para Athletics

Praveen Kumar (High Jump)



Mariyappan Thangavelu (High Jump)





OGQ supported me at a time when almost everyone else had written me off. I am incredibly thankful for their support, especially my S&C trainer Lakshay Batra and nutritionist Tajinder Kaur who has been instrumental in my success in Tokyo. OGQ also provided me with training equipment whenever required. I can say that OGQ's support played a huge role in my silver medal at the Tokyo Paralympics, at the age of 40!

Devendra Jhajharia | Tokyo Paralympic Bronze Medalist

(Hails from Churu village in Rajasthan)



PERFORMANCE HIGHLIGHTS

PARA ATHLETICS | F.Y. 2021-22

Paralympic Games, Tokyo (Japan) - Sep 2021

- **Silver:** Devendra Jhajharia (Javelin Throw)
- **Silver:** Mariyappan Thangavelu (High Jump)
- **Silver:** Nishad Kumar (High Jump)
- **Silver:** Praveen Kumar (High Jump)
- **Silver:** Yogesh Kathuniya (Discus Throw)

Asian Youth Para Games, Manama (Bahrain) - Dec 2021

- **Gold:** Praveen Kumar (High Jump)

Fazza Para Athletics Grand Prix, Dubai (UAE) - Mar 2022

- **Gold:** Ramsingh Govindbhai (High Jump)
- **Silver:** Shailesh Kumar (High Jump)

PARA ATHLETES SUPPORTED

PARA ATHLETICS | F.Y. 2021-22

PARA ATHLETE:

Club Throw:

1. Kashish Lakra*

IMPAIRMENT CATEGORY

F51: Wheelchair User

Discus Throw:

1. Boby
2. Ajit Panchal
3. Vinod Kumar*
4. Yogesh Kathuniya

F37: Co-ordination Impairment
 F52: Wheelchair user
 F52: Wheelchair user
 F56: Lower limb impairment

High Jump:

1. Praveen Kumar
2. Nishad Kumar
3. Ramsingh Govindbhai
4. Mariyappan Thangavelu
5. Shailesh Kumar

T44: Lower limb impairment
 T47: Upper limb impairment
 T42: Lower limb impairment
 T42: Lower limb impairment
 T42: Lower limb impairment

Javelin Throw:

1. Navdeep
2. Sandip Sargar
3. Ajeet Singh
4. Devendra Jhajharia

F41: Short stature
 F44: Lower limb impairment
 F46: Upper limb impairment
 F46: Upper limb impairment

PARA ATHLETES SUPPORTED (Contd.)

PARA ATHLETICS | F.Y. 2021-22

LONG JUMP

1. Nimisha C

T46: Upper limb impairment

SHOTPUT

1. Bhagyashri Jadhav
2. Arvind
3. Rana Soman

F34: Co-ordination impairment
F35: Co-ordination impairment
F57: Lower limb impairment

100 METRES RACE

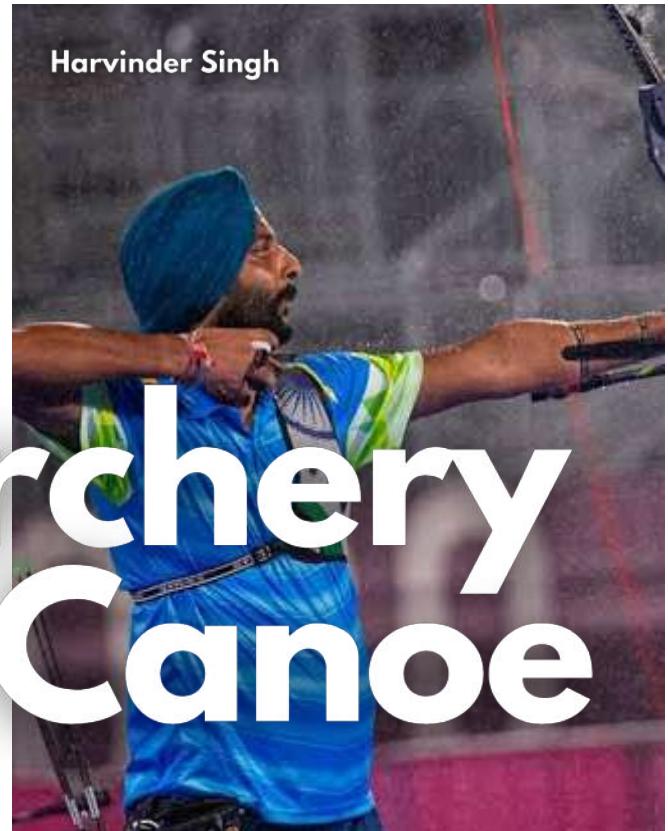
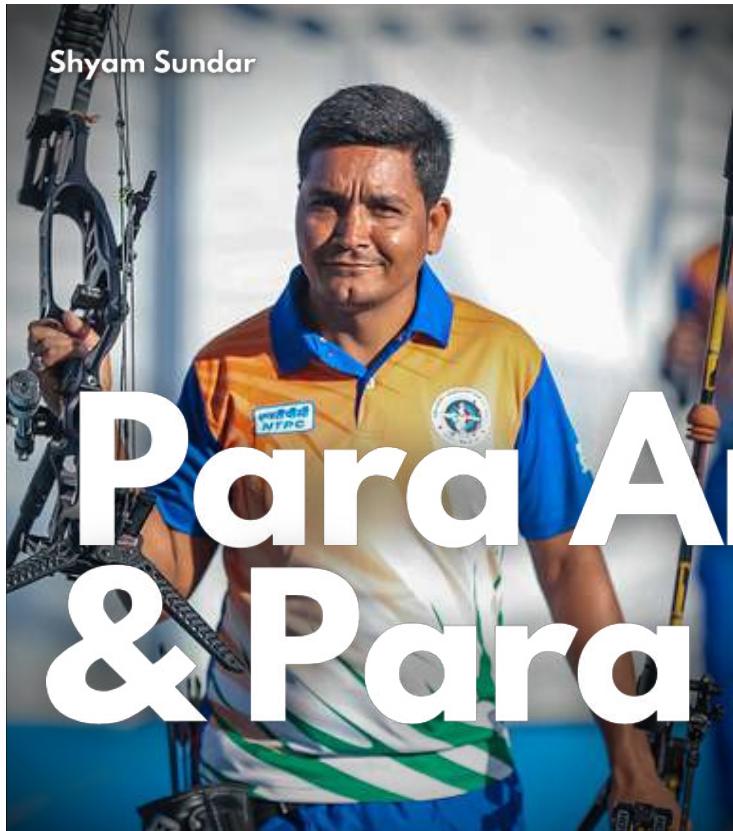
1. Simran

T13: Visual Impairment

1500 METRES RACE

1. M.S. Sharath

T12: Visual Impairment



Para Archery & Para Canoe



Mariyappan Thangavelu (High Jump)



At Tokyo Paralympics I won the Bronze Medal in Archery, which was India's first ever medal in Archery at the Olympics or Paralympics. Along with my coach and OGQ's support I was able to continue training even during the pandemic as I got equipment at home to train during the lockdown. OGQ nutritionist Tajinder made sure that I follow the diet required to perform at a high level. OGQ is like my family and I hope our association lasts for a long time.

Harvinder Singh | Tokyo Paralympic Bronze Medalist

(Hails from Kaithal in Haryana)



PERFORMANCE HIGHLIGHTS

PARA ARCHERY | F.Y. 2021-22

PARA ARCHERY

Paralympic Games, Tokyo (Japan) - Aug 2021

- Bronze: Harvinder Singh 

World Championship, Dubai (UAE) - Feb 2022

- Silver: Shyam Sundar Swami

PARA CANOE:

Asian Sprint Championships, Rayong (Thailand) - Mar 2022

- Gold: Prachi Yadav

PARA ATHLETES SUPPORTED

PARA ARCHERY & PARA CANOE | F.Y. 2021-22

PARA ARCHERY

PARA-ATHLETE

Compound:

1. Mitali Gaikwad
2. Shyam Sundar Swami

IMPAIRMENT CATEGORY

- Open: Lower limb impairment
Open: Wheelchair user

Recurve:

1. Harvinder Singh
2. Pooja
3. Vivek Chikara

- Open: Lower limb impairment
Open: Lower limb impairment
Open: Lower limb impairment

PARA CANOE:

PARA ATHLETE

1. Praachi Yadav

IMPAIRMENT CATEGORY

- VL2, KL2: Wheelchair user

Singhraj Adhana



Sakina Khatun



Para Powerlifting Para Shooting Para Table-Tennis

TOKYO 2020

TOKYO 2020

TOKYO 2020

Bhavina Patel



PERFORMANCE HIGHLIGHTS

PARA POWERLIFTING, PARA SHOOTING, PARA TABLE TENNIS | F.Y. 2021-22

PARA POWERLIFTING:

**19th Senior & 14th Junior National Championship,
Kolkata - Mar 2022**

- Gold: Sakina Khatun
 - Gold: Sudhir
-

PARA SHOOTING

Paralympic Games, Tokyo (Japan) - Sep 2021

- Silver: Singhraj Adhana 
 - Bronze: Singhraj Adhana 
-

PARA TABLE TENNIS

Paralympic Games, Tokyo (Japan) - Sep 2021

- Silver: Bhavina Patel 

ITTF Para Egypt Open, Cairo - Mar 2022

- Gold: Bhavina Patel
 - Gold: Sonal Patel
-

PARA ATHLETES SUPPORTED

PARA POWERLIFTING, PARA SHOOTING, PARA TABLE-TENNIS | F.Y. 2021-22

PARA POWERLIFTING

PARA ATHLETE:

1. Sakina Khatun
2. Sudhir

IMPAIRMENT CATEGORY

- Open: Lower limb impairment
Open: Wheelchair user

PARA SHOOTING

Pistol:

1. Akash
2. Singhraj Adhana

- SH1: Lower limb impairment
SH1: Lower limb impairment

Rifle:

1. Swaroop Unhalkar
2. Deepak Saini
3. Sidhartha Babu
4. Sriharsha Devaraddi

- SH1: Wheelchair user
SH1: Wheelchair user
SH1: Wheelchair user
SH2: Wheelchair user

PARA TABLE TENNIS

1. Sonalben Patel
2. Bhavina Patel

- C3: Wheelchair user
C4: Wheelchair user



OGQ physiotherapist Abhishek Wagh with para athlete Ajeet Singh during a rehab session at PDCSE, Bengaluru



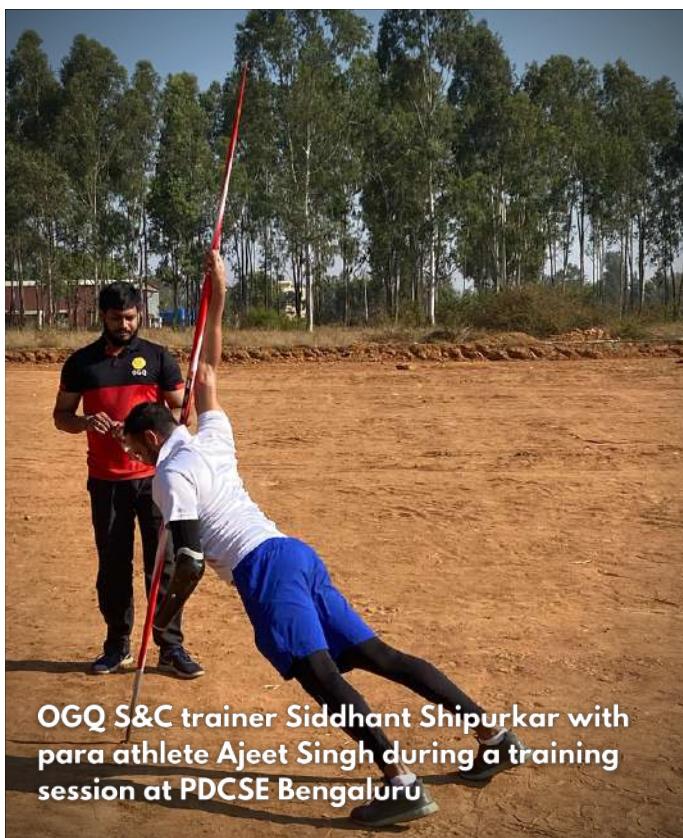
OGQ S&C Trainer Lakshay Batra with Para Athlete Ajit Panchal prior to a competition in Dubai, UAE



OGQ physiotherapist Abhishek Wagh treating para athlete Arvind during a training camp at PDCSE Bengaluru



OGQ physiotherapist Aaalap Jawadekar treating para shooter Swaroop Unhalkar at Balewadi Shooting Range, Pune



OGQ S&C trainer Siddhant Shipurkar with para athlete Ajeet Singh during a training session at PDCSE Bengaluru.



OGQ physiotherapist Aaalap Jawadekar treating para athlete Soman Rana in Pune



Psychologist Mugdha Bavare with Para Archer during a mental training session in Nashik



OGQ physiotherapist Snehil Khurana with para archers Harvinder Singh and Vivek Chikkara during the national camp at JLN Stadium, Delhi

Coaches Program

ABOUT THE PROGRAM

OGQ launched Coaches Excellence Program (CEP) in 2017 with a goal to develop world class Indian coaches who can, in the long run, produce more Olympic champions.

Till date, a total of 100 coaches (Badminton and Shooting) have graduated from the program.

VALUES OF THE PROGRAM

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.

Course Fee: As a part of our commitment to support the coaching ecosystem, this program is delivered **free of cost** for the selected coaches.



Sports Scientist Nikhil Latey delivering a session on Injury Management



(L-R) Vaibhav Tandon, Head of Coaches Program in conversation with Nishad Kumar, Tokyo Paralympics Silver Medalist



Graduates from CEP Class of 2022 Badminton pose proudly with Vimal Kumar (centre top) during the graduation ceremony

COACHES FOUNDATION PROGRAM

LEVEL - 1

PROGRAM GOAL:

The aim of CFP is to spread the knowledge base among more Indian coaches. CFP is a self-paced program with pre-recorded learning modules and expert-led clarification sessions.

PROGRAM HIGHLIGHTS:

Launch:

November 2021

Sport Covered:

Shooting (Rifle, Pistol)

Mode of Education:

Online

Duration:

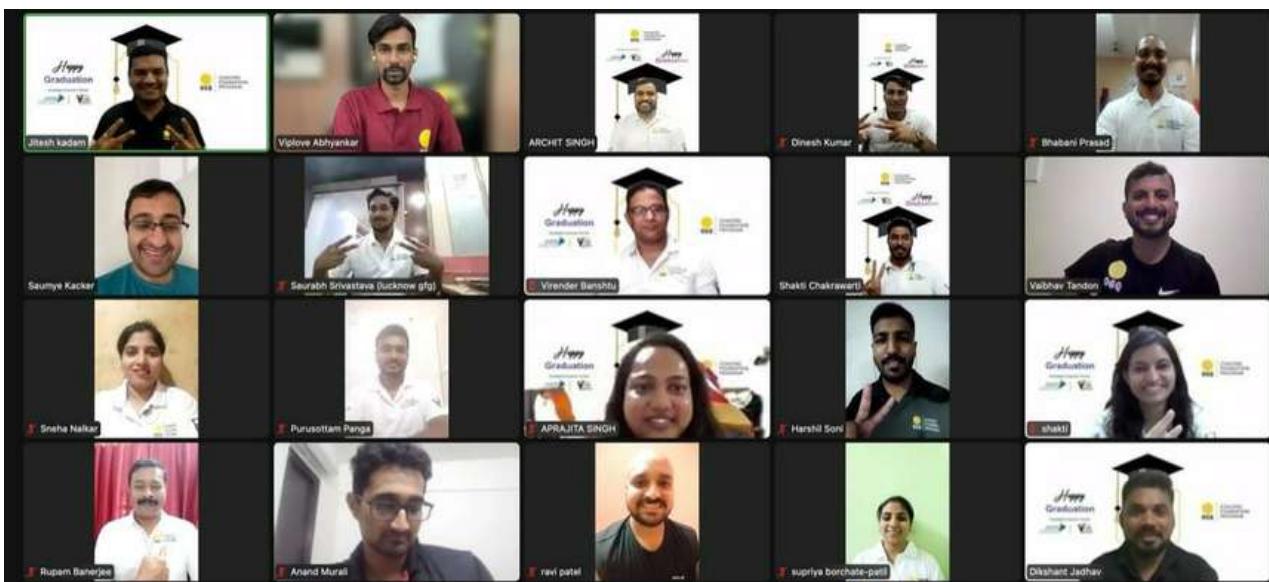
3 months

Batch Size: 40 Coaches
(Male: 32 | Female: 8)

From:
14 different states

Part of Indian Coaching Teams:
3 coaches

Athletes Impacted:
669 in Shooting



CFP Coaches during their online graduation ceremony.

COACHES EXCELLENCE PROGRAM

LEVEL - 2

PROGRAM GOAL:

The OGQ Coaches Excellence Program (CEP) focuses on High Performance. Selected coaches are provided with empowerment tools (education, best global practices, access to top experts) to ensure that they are at par with the best.

COURSE PEDAGOGY:

Quizzes | Case Studies | Assignments | Group Work | Mid-Year Reviews | Annual Reviews | 3-month Project (to inculcate competences of world class coaches into our participants).

PROGRAM HIGHLIGHTS:

Launch: July 2021 (4th Batch)

Sport Covered: Badminton

Mode of Education: Hybrid
4 residential camps supplemented
with online sessions.

Duration: 10 months

Batch Size: 8 Coaches
(Male: 7 | Female: 1)

Former International Players: 3

Athletes Impacted: 320 across India



Coaches pose with Vivek Sunder, CEO- CueMath, after his session on 'Leadership lessons'.



Coach Yoo Yong-Sung, former Olympic Silver Medalist from South Korea, conducting a session on tactical training drills for CEP coaches at PPBA, Bengaluru



Siddhant Shipurkar, OGQ S&C Trainer, demonstrating exercises on 'Core Training' for the CEP Badminton coaches



Coaches from CEP class of 2021 & 2022 (Badminton) pose proudly at PDCSE, Bengaluru

Program Impact

4000 Athletes Benefitted

through 100 Coaches in Badminton and Shooting

National Team Coaches

11 Coaches have been part of the National Teams

Athletes at Tokyo Olympics

Two athletes from the Indian contingent at Tokyo Olympics had trained directly under coaches who participated in the OGQ Coaches Excellence Program:

Elavenil Valarivan (Shooting)
Trained under Coach Neha Chavan
(CEP Class of 2018)

Aishwary Pratap Singh (Shooting)
Trained under Coach Vaibhav Sharma
(CEP Class of 2018)

**Thank You
to all our
Supporters**



We are really grateful to each and every supporter of OGQ who have contributed in the past and especially in FY 2021-22. In a year full of uncertainty, we are deeply humbled by the fact that nearly 85% of our donors renewed their support to OGQ.

India witnessed its best medal haul ever at the Olympics and the Paralympics. This would not have been possible without your contribution.

THANK YOU FOR YOUR SUPPORT TO OGQ

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 - Jai Rajpal
 - Gaja Corporate Advisors Pvt Ltd
 - Kaushie Adiseshan and Anand Rajaraman
 - Bhaskar Sunkara
-

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- Ranodeb Roy
- Precision Wires India Ltd
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- Mehin Tech Edge Solutions
- Deepinder Goyal
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- Miten Sampat
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- Venky Ganesan
- MR Rangaswami
- Madhura Nataraju and Ganesh Ramakrishna

Rs. 50,000 & Above

- CDPQ India Pvt Ltd
- Anuj Magazine
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- Himanshu Tewary
- Rahul Luthra
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- Unmesh Sharma
- Aditya Gurunath Systla
- Sawan Malik
- Pearl Enterprises
- Western Consolidated Pvt Ltd
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- Nirad Deshpande
- Chanakya Gupta
- Ajay Aggarwal
- Vinod Murali
- Abhijeet Dabas
- Dhruv Swamini

- Vivek Sunder
- Salil Pitale
- HT Kanabar Higher Education Trust
- Hamid Abbas Moochhala
- Subrat Mohanty
- MIV Investment Services Pvt Ltd
- J Ramaswamy
- Sreejan Chaudhary
- Kanti Prabha and Ankur Shrivastava
- Ashwin Limaye
- Gautam Midha
- Mahadevan Krishnan
- Arjun Choudhary
- Amit Khandelwal
- Nitin and Mamta Malhotra
- Kirit J Maganlal
- Alok Raturi
- Ankit Agarwal
- Anish Khadiya
- Siddhartha Mohanty
- Bhalchandra N Bhagwat
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- Avinash Goyal
- BV Jagadeesh
- Ramnath Balasubramanian
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- Madhu Yalamarthi
- Pratyush Singh
- Venktesh Shukla
- George Koshy
- Ankur Jain

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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'

Cheque/DD can be sent to:

OGQ, 5th Floor, Anand 105 Building, Ambedkar Road,
Bandra West, Mumbai - 400050

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FCRA Donation

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

Branch Code: 00691

IFSC Code: SBIN0000691

SWIFT Code: SBININBB104

BENEFITS OF ASSOCIATION

with OGQ

NATIONAL PRIDE

Partner in a national cause of creating Olympic and Paralympic champions.

CSR COMPLIANT:

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.





OGQ Team

MANAGEMENT TEAM

Mumbai Office

NAME	DESIGNATION
Viren Rasquinha	Managing Director & CEO
Olympic Athlete Management	
1.Yatin Bhatkar	Head - Senior Athletes
2.Ashish Kochhar	Head - Junior Athletes
3.Major Gaurav Singh	Team Leader - Cycling NCOE
4.Anoushka Parikh	Manager
5.Chirag Shetty	Deputy Manager
Paralympic Athlete Management	
1.Anukool Bharadwaj	Head
2.Arnav Jain	Manager
3.Reshma Karthik	Manager
Partnerships & Communication	
1.Neha Aggarwal	Head
2.Shubhashish Phanse	Manager
3.Bhushan Malani	Deputy Manager
Research & Analysis	
1.Vikrant Choudhary	Head
2.Manish Sharma	Manager
Coaches Program	
1.Vaibhav Tandon	Former Head, now Advisor
2.Neha Pandit	Head
3.Anand Murali	Manager
4.Saumya Kacker	Manager
5.Viplove Abhyankar	Manager
6.Devanshi Parmar	Deputy Manager

IT & Website

1. Vivek Pathak	Head
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Accounts

1. Siddique Shaikh	Head
2. Mohammad Arbaaz Bajya	Manager
3. Wasim Shah	Deputy Manager

Admin & Compliance

1. Shweta Suratkal	Head
2. Trisha Sarkar Panchal	Senior Manager
3. Priyanka Jaysing Aher	Manager
4. Saif Ali Khan	Manager
5. Darryl Pacheco	Manager
6. Vinod Narsingkar	Office Assistant

SPORTS SCIENCE TEAM

working on-ground with athletes across multiple locations in India

NAME

- 1. Aalaap Jawadekar
- 2. Zeinia Samar
- 3. Shubham Gupta

DESIGNATION

- Team Leader - Paralympic Athletes
- Team Leader - Olympic Senior Athletes
- Team Leader - Olympic Junior Athletes

Physiotherapists:

1. Siddharth Sakalle	Senior Physiotherapist
2. Sumita Jain Mishra	Senior Physiotherapist
3. Abdul Wahid Shaikh	Senior Physiotherapist
4. Sumya Jyoti Halder	Senior Physiotherapist
5. Deepika Sinam	Senior Physiotherapist
6. Pushkar Ganoo	Senior Physiotherapist
7. Chinmay Bhide	Senior Physiotherapist
8. Abhishek Wagh	Senior Physiotherapist
9. Vidhya Kumari	Physiotherapist
10. Alok Kumar	Physiotherapist

11. Umang Agarwal	Physiotherapist
12. Dharamveer Yadav	Physiotherapist
13. Snehil Khurana	Physiotherapist
14. Zeba	Physiotherapist
15. Nisha Rawat	Physiotherapist
16. Roma Joglekar	Physiotherapist
17. Shubham Deshpande	Physiotherapist
18. Amit Sahoo	Physiotherapist
19. Swapnil Bisht	Physiotherapist
20. Naveen Aggarwal	Physiotherapist
21. Sayali Manjrekar	Physiotherapist
22. Dhananjay Dubey	Physiotherapist
23. Rohit Chhabria	Physiotherapist
24. Sanchita Mukherjee	Physiotherapist
25. Sumit Tyagi	Physiotherapist
26. Ashwini Patil	Physiotherapist
27. Pushpendra Singh	Physiotherapist
28. Saloni Karnavat	Physiotherapist
29. Bhushan Dahikar	Physiotherapist

Strength & Conditioning Trainers:

1. Moby Duyu	Senior S&C Trainer
2. Siddhant Shipurkar	Senior S&C Trainer
3. Akshay Bhapkar	Senior S&C Trainer
4. Lakshay Batra	S&C Trainer
5. Kshitij Bhoite	S&C Trainer
6. Chetna Mulchandani	S&C Trainer

Nutritionists:

1. Tajinder Kaur	Team Leader
2. Sharmada Venkat	Nutritionist
3. Mohit Dhariwal	Nutritionist
4. Charvi Bajaj	Nutritionist
5. Kalyani Mankar	Nutritionist
6. Wungzip Zimik	Nutritionist
7. Yogesh Kumar	Nutritionist

Medical Services:

1. Poornima Raman Ngomdir

Head

Specialists:

- 1. Yogesh Chavan
- 2. Ramkishan Bansiwal
- 3. Chekonda Amarnath

Sports Masseur
Sports Masseur
Cycling Sports Mechanic

SPORTS SCIENCE TEAM (CONSULTANTS)

working on-ground with athletes across multiple locations in India

Sports Scientist

- 1. Christopher Gallagher
- 2. Nikhil Latey

Sports Psychologists

- Mugdha Bavare
- Gayatri Vartak
- Janki Rajapurkar
- Vaibhav Agashe
- Nanaki Chaddha

Surgeons

- 1. Dr. Abhay Nene
- 2. Dr. Abhishek Kini
- 3. Dr. Anant Joshi
- 4. Dr. Deepak Bhatia
- 5. Dr. Dinshaw Pardiwala
- 6. Dr. Gaurav Bharadwaj
- 7. Dr. Sanjay Desai
- 8. Dr. Sudhir Warrier

Cardiologist

- 1. Dr. Rituparna Shinde

Endocrinologist

- 1. Dr. Gunjan Garg

ENT Specialist

- 1. Dr. Meena Agrawal

Gynaecologist

- 1. Dr. Birbala
- 2. Dr. Neelima Bapat

Ophthalmologist

- 1. Dr. Sangeeta Wagh
- 2. Dr. Sheetal Kishanpuria

Pulmonologist

- 1. Dr. Neetu Jain

Sports Medicine Specialist

- 1. Dr. Joginder Sharma

Radiologists

- 1. Dr. Aditya Daftary
- 2. Dr. Sriram Rajan
- 3. Dr. Nafisa Shakir Batta

OUR WEBSITE:

www.olympicgoldquest.in

CONTACT US:

neha@ogq.org

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Ambedkar road, Bandra West, Mumbai - 400050**

Thank You