



A program of Foundation for Promotion of Sports and Games

ANNUAL PERFORMANCE REPORT 2022-23

YOUNGEST INDIANS TO BECOME WORLD CHAMPIONS



RUDRANKSH PATIL

Shooting - 10m Air Rifle
18 years



MANISHA RAMADASS

Para Badminton - Impairment in Right Hand
17 years



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Krishna Nagar

Gold - Tokyo Paralympics 2020
Para Badminton (Men's Singles)

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

OGQ is a program of the Foundation for Promotion of Sports and Games, a Non-Profit (Section 8) Company founded by sporting legends Geet Sethi and Prakash Padukone. It is committed to bridging the gap between the best athletes in India and the best athletes in the world with a mission to support the Indian athletes in winning Olympic and Paralympic Gold medals.

VISION

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

MISSION

To support Indian athletes in winning Olympic and Paralympic Gold medals.

Dear Friends,

When I co-founded OGQ along with Geet back in 2001, it was our dream to ensure Indian athletes get the best training support to win medals at the Olympics. I am so proud that since then, OGQ has supported the training of over 500 Indian athletes including 9 Olympic & 10 Paralympic medal winners for India. On behalf of the entire OGQ Board, I want to extend my deepest gratitude to all our supporters for your continued belief in OGQ and enabling us to help our athletes. Your unwavering support over the years has propelled the organization to make a considerable impact on the lives of the athletes we support.

OGQ has an excellent team of sports science experts working full time with the athletes across India, be it physiotherapists, strength and conditioning experts and sports psychologists. We continue to work closely with the Sports Authority of India (SAI) & National Sports Federations to enable world class sports science support to the Indian National camps and provide coaches development programs. This makes a huge difference to athletes in modern sport and it is something that I definitely did not have during my playing days.

We are just about a year away from the Paris 2024 Olympics & Paralympics. I strongly believe that Indian athletes have immense potential to better India's tally of 7 medals which we achieved at Tokyo. Towards that goal, we will strive to do our best.

Thank you for being an integral part of our journey.



A handwritten signature in black ink that reads "Prakash".

PRAKASH PADUKONE

Co-Founder & Director, OGQ
All England Champion,
Padma Shri Awardee

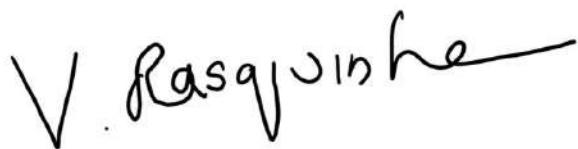
Dear Friends,

As I commence my 15th year at OGQ, I can't help but look back with pride at the impact that OGQ has made. One of the biggest parameters of impact is definitely medals at the Olympics and Paralympics. In the last 3 Olympics, India has won 15 Olympic medals and the training of 9 of those 15 medal winners was supported by OGQ. In our first Paralympic cycle at Tokyo 2020, India won 19 medals and the training of 10 of those 19 medal winners was supported by OGQ.

Today, we have so many trailblazing young athletes. Armless 16 year old archer Sheetal Devi hails from a small village near the LOC in J&K. She won 3 medals in her very first international competition in Para Archery firing world class scores. 19 year old Long Jumper Shaili Singh recently made the second longest jump ever by an Indian woman, now only behind her mentor, Anju Bobby George. OGQ has been supporting Shaili since she was 15 years old. Badminton player Lakshya Sen who is now 21 years old, won the Gold at the Commonwealth Games in 2022 & has his sights on the Paris 2024 Olympics. OGQ has been supporting Lakshya Sen since he was 10 years old.

The two most important events this year are the Asian Games (starts on 23rd September, 2023) and Para Asian Games (starts on 22nd October, 2023). These will be held in Hangzhou, China and are huge stepping stones in our Olympic and Paralympic preparations for Paris 2024. Shaili, Sheetal, Lakshya and many more of our athletes across sports have qualified for the Asian Games and Para Asian Games.

It is your sustained support that has enabled OGQ to make a difference to the lives of these athletes & their families. Thank you for always believing in us.



VIREN RASQUINHA

Managing Director & CEO - OGQ
Former India Hockey Team Captain |
Olympian | Arjuna Awardee



BOARD OF DIRECTORS



GEET SETHI
9-time World Cue Sports Champion;
Co-Founder - OGQ



PRAKASH PADUKONE
All England Champion; Padma Shri
Awardee; Co-Founder & Director - OGQ



VISWANATHAN ANAND
8-time World
Chess Champion



NIRAJ BAJAJ
Arjuna Awardee in Table Tennis
Chairman, Bajaj Auto

THE IDEA AND INCEPTION OF OGQ:

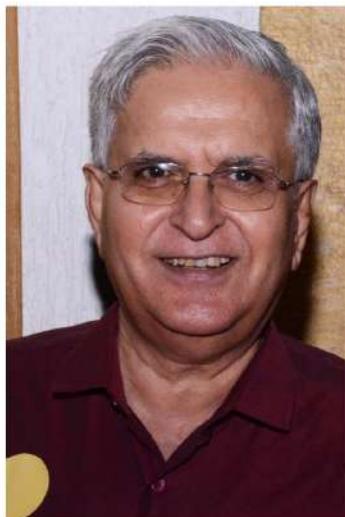
The idea of OGQ was born in Geet Sethi's mind on a flight from Sydney to Mumbai post the Sydney Olympics in 2000. Geet directly went to meet Prakash Padukone in Bengaluru and they realized that Indian athletes needed a dedicated team working behind the scenes 24X7 to look after their training needs: coaches, physiotherapists, nutritionists, sports psychologists, injury management experts, to say the least. The two of them got together and started OGQ in 2001. Soon enough, many corporate leaders also joined the cause to help Indian athletes win Olympic and Paralympic Gold medals.



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
Tech Entrepreneur;
Co-founder, Myntra & Curefit



SUNDAR MAHALINGAM
President-Strategy,
HCL



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

OGQ SNAPSHOT

FY 2022 - 23

OLYMPICS

223

Athletes supported
by OGQ in FY 2022-23

Gender Break-up:



121
Male



102
Female

07

**WORLD
CHAMPIONSHIP
MEDALS**

5 Gold Medals

20

**ASIAN
CHAMPIONSHIP
MEDALS**

8 Gold Medals

18

**WORLD CUP
MEDALS**

8 Gold Medals

RUDRANKKSH PATIL (18 YEARS)



Paris 2024
Olympic
Quota won by
Shooter
Rudrankksh
Patil

124

Junior Athletes
were supported by OGQ.
A total of 15 International
medals were won by
junior athletes.

290

Sportspersons supported by OGQ in FY 2022-23 across 9 Olympic Sports and 7 Paralympic Sports.

PARALYMPICS

67

Para Athletes
supported by OGQ
in FY 2022-23

Gender Break-up:



49
Male



18
Female

21 Para Athletes
supported by OGQ
across sports feature
in

TOP

5



**WORLD
RANKINGS**

MANISHA RAMADASS (17 YEARS)



NITHYA SRE (17 YEARS)



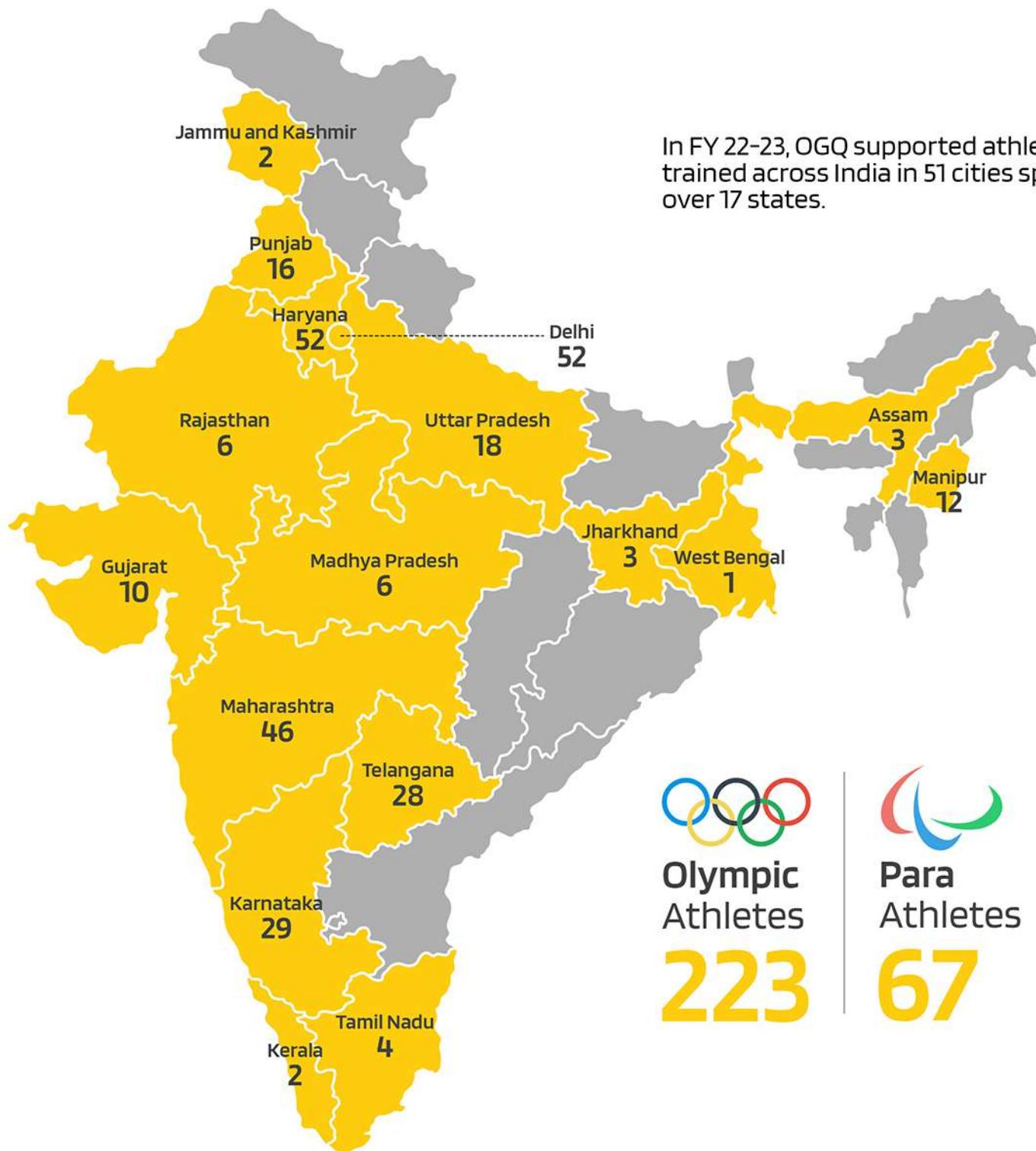
WORLD NO. 1



21

Wheelchair Athletes
supported by OGQ

ATHLETES ACROSS INDIA SUPPORTED BY OGQ



AREAS OF SUPPORT

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



PERFORMANCE AT
**COMMONWEALTH
GAMES 2022**
BIRMINGHAM



Below is the medal break-up of athletes supported by OGQ:



GOLD: 12



SILVER: 2



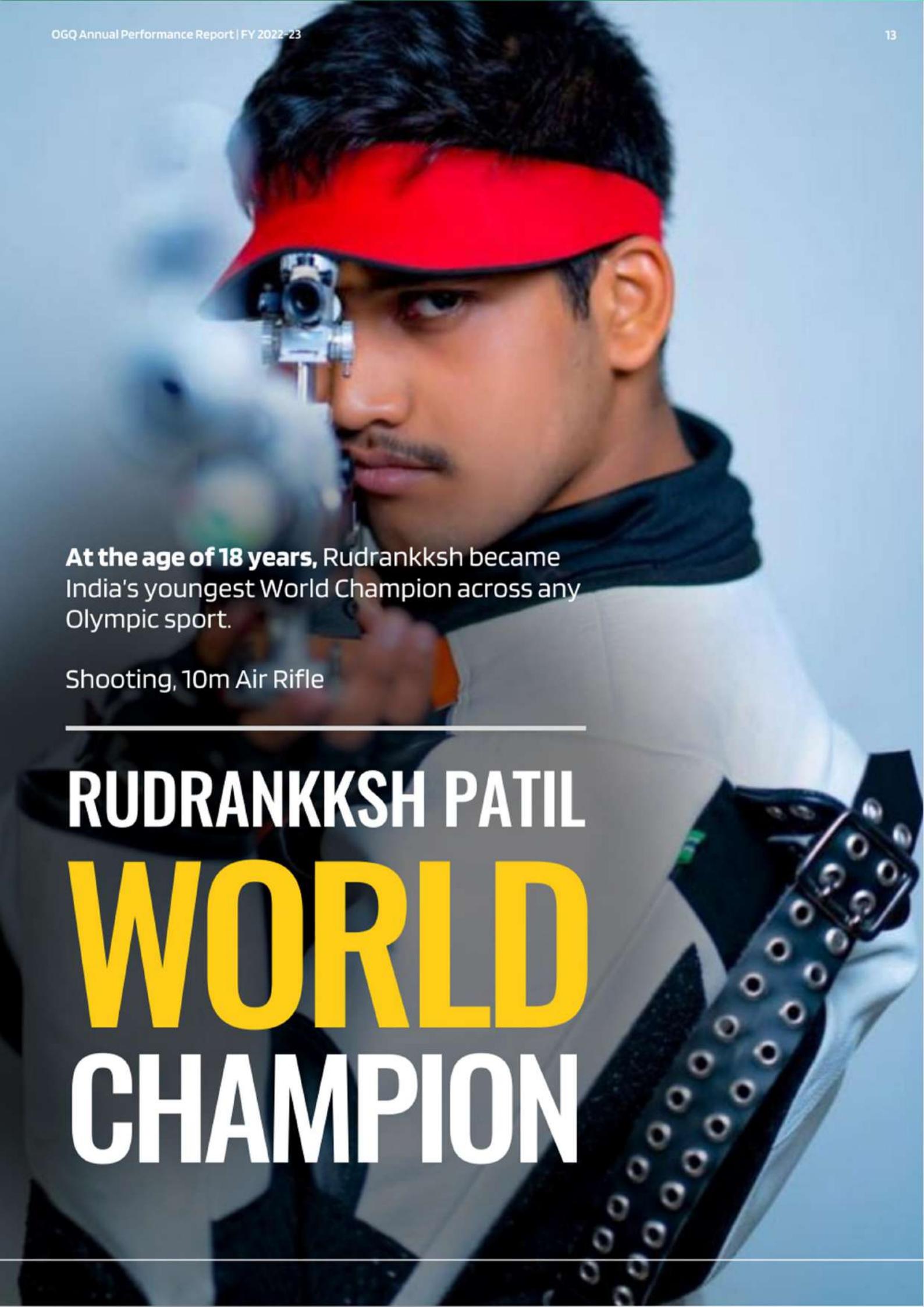
BRONZE: 3

An additional 4 medals were won by athletes supported by OGQ through MoU with the Boxing Federation.

Sports represented by OGQ supported athletes at CWG 2022:

1. Badminton
2. Boxing
3. Wrestling
4. Weightlifting
5. Athletics
6. Cycling
7. Table Tennis
8. Para Table Tennis
9. Para Powerlifting

OGQ continues to work closely with Sports Authority of India (SAI), Target Olympic Podium Scheme (TOPS) and National Sports Federations (NSFs) in its efforts to support Indian athletes.



At the age of 18 years, Rudrankksh became India's youngest World Champion across any Olympic sport.

Shooting, 10m Air Rifle

RUDRANKKSH PATIL WORLD CHAMPION



Hails from Thane,
Maharashtra



**THIRD INDIAN
SHOOTER TO BECOME
WORLD CHAMPION**
after Abhinav Bindra
and Manavjit Sandhu



GOLD

World Championship,
Cairo, 2022



GOLD

ISSF World Cup
Cairo, 2023



OLYMPIC QUOTA

For India for Paris
2024 in Shooting (10m
Air Rifle)

OGQ support since October 2020

TRAINING SUPPORT

- Personal coach
- Rifle and shooting accessories
- Support for Domestic & International training and tournaments

SPORTS SCIENCE:

- Physiotherapist
- Strength & Conditioning Expert
- Nutritionist



Rudrankksh with OGQ S&C Trainer Kshitij

Rudrankksh with OGQ Physiotherapist Sumita

Rudrankksh at the Karni Singh Shooting Range, New Delhi



At just 17 years, Manisha became India's youngest World Champion across any para sport.

Womens Singles, Para Badminton

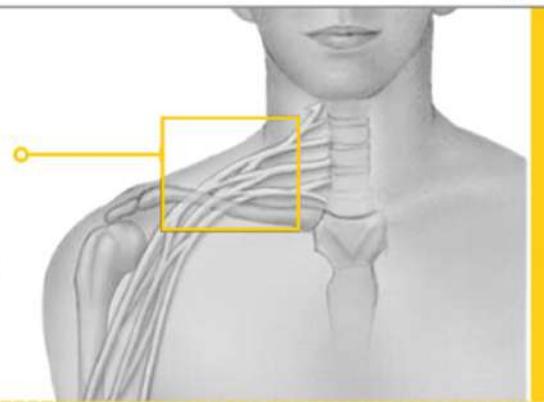
Para Badminton Female Player of the Year

MANISHA RAMADASS WORLD CHAMPION



Hails from
Tiruvallur,
Tamil Nadu

**Born with
Impairment in
her right hand**
(Brachial Plexus)



**Inspired by
Saina Nehwal,**
Manisha started
playing at the age
of 10 years.



GOLD X2
- World Championship 2022
- Spain International 2023

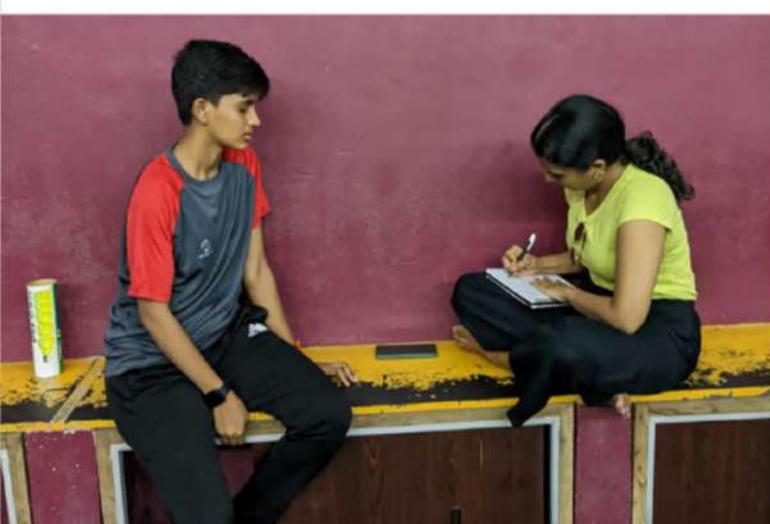
Female Player of the Year
Awarded by BWF in 2022

OGQ support since March 2022

Coaching, Badminton Equipment, Sports Science
(Nutrition, Physiotherapy, Sports Psychology)



Manisha with Sports Psychologist Keerthana



Manisha with OGQ Nutritionist Sharmada



Manisha with OGQ Physiotherapist Roma



COLLABRATION WITH SPORTS AUTHORITY OF INDIA (SAI) AND NATIONAL SPORTS FEDERATIONS

In our endeavor to work closely with the system, OGQ has signed several MoU's with Sports Authority of India (SAI) & a few National Sports Federations (NSF) with specific focus on coaching & sports science. These are areas where we believe OGQ can make a big impact in National Camps

Currently we have partnered with:
SAI - Cycling NCOE
(National Centre of Excellence)

Archery Association of India

National Rifle Association of India

Boxing Federation of India

Memorandum of Understanding between OGQ and

SPORTS AUTHORITY OF INDIA (SAI) CYCLING NATIONAL CENTRE OF EXCELLENCE

Aim: To provide Coaching and Sports Science support for the Cycling NCOE



OGQ Sports Science team taking a group session for Cyclists at IGI Stadium, Delhi

SUPPORT AREAS:

- Sports Science (Physiotherapist, Nutritionist, Sports Psychologists, Masseurs)
- High Performance Director
- Technician, Supplements and Equipment

MAJOR ACHIEVEMENTS:

- Cyclists won 9 medals (1 silver and 8 bronze) at the UCI Track Cycling Asian Championships in June 2022.
- Cyclist Esow Alben made it to the semi finals of the UCI Track Cycling World Championship in October 2022, a first-time ever achievement for an Indian.



Esow Alben with his the UCI Track Junior World Championships Bronze Medal

Memorandum of Understanding between OGQ and

ARCHERY ASSOCIATION OF INDIA (AAI)

Aim: To provide Coaching and Sports Science support to the AAI



OGQ Nutritionist Yogesh Kumar conducting an informative session for the National Archery Coaches, Ranchi, Jharkhand.

SUPPORT AREAS:

- Conducting Coaches & Judges Education Workshops
- Workshops on various topic related to Sports Science were taken by OGQ Sports Science Team



The AAI-OGQ East and North East Zone Judges Workshop, Bolpur (West Bengal)

Memorandum of Understanding between OGQ and

BOXING FEDERATION OF INDIA (BFI)

Aim: To provide Sports Science support to Indian Boxing Team for Paris 2024



Boxer Manish Kaushik with OGQ Physiotherapist Alok

Boxer Amit Panghal in action during a training session

SUPPORT AREAS:

Sports Science

- Physiotherapist
- Sports Scientist
- Nutritionist
- Strength and Conditioning

Sports Equipment and Accessories

4 GOLD

MEDALS AT THE IBA BOXING WOMEN'S WORLD CHAMPIONSHIP NEW DELHI, 2022



Boxer Nitu Ghanghas after winning a Gold medal at the Commonwealth Games, Birmingham 2022

Memorandum of Understanding between OGQ and

NATIONAL RIFLE ASSOCIATION OF INDIA (NRAI)

Aim: To provide Sports Science support and aid in Coaches Development of the Indian Shooting Team for Paris 2024



Shooter Manu Bhaker with
OGQ S&C Trainer Kshitij in training



Shooter Divyansh Panwar in action

SUPPORT AREAS:

- Sports Science
- Coach Education Program

34

Medals at the ISSF World Championship 2022.

07

Medals at ISSF World Cup, Bhopal 2023. All medalists supported by OGQ.

03

Quotas for Paris Olympics secured for India.



Shooter Rudrankksh Patil after winning Gold medal
at the ISSF World Championship, Cairo 2022



OLYMPIC ATHLETES SUPPORTED BY OGQ



No. of Athletes Supported: 223

**OGQ supports
training of Athletes
in following sports:**

- 1. Archery**
- 2. Badminton**
- 3. Boxing**
- 4. Shooting**
- 5. Wrestling**
- 6. Weightlifting**
- 7. Athletics**
- 8. Swimming**
- 9. Table Tennis**



ARCHERY

Archery being an equipment heavy and sports science dependent discipline, OGQ has covered all those bases for me, which has allowed me to fully dedicate myself to training, igniting my motivation to reach the podium at Paris 2024.

- ATANU DAS

Two-time Olympian (Rio 2016 & Tokyo 2020)

Seniors:

	Age
1.Ankita Bhakat	24
2.Atanu Das	30
3.Deepika Kumari	28
4.Dhiraj B	21
5.Dipti Kumari	21
6.Madhu Vedwan*	25
7.Pravin Jadhav	24
8.Sachin Gupta	23
9.Sangeeta	23
10.Simranjeet Kaur	24
11.Sukhchain Singh	26
12.Sukhmani Babrekar	23
13.Tarundeep Rai*	39
14.Yashdeep Bhoge	21

Juniors:

1.Akash Malik*	19
2.Bhajan Kaur	17
3.Himani*	20
4.Ishan Hooda*	17
5.Komalika Bari	21
6.Neeraj Chauhan	20
7.Paras Hooda*	17
8.Parth Salunkhe	19

*Support discontinued based on Biannual Performance Review

OGQ Support to Archers:

International Tournament Support, Bow, Arrow and Accessories, Sports Science (Physiotherapy, Nutrition, Sports Psychology) Medical Support, Domestic Training & Tournament.

PERFORMANCE HIGHLIGHTS:

● Archery World Cup 2022 (Paris, France)

Silver: Ankita Bhakat | Women's Recurve Team

Silver: Deepika Kumari | Women's Recurve Team

● Asia Cup 2022 (Sulaymaniah, Iraq)

Bronze: Parth Salunkhe | Men's Recurve Individual

Silver: Parth Salunkhe | Recurve Mixed Team

Gold: Parth Salunkhe | Recurve Men's Team

● National Games 2022 (Ahmedabad, India)

Gold: Sangeeta | Women's Recurve Individual

Gold: Atanu Das | Men's Recurve Individual

● National Ranking Archery Tournament 2022 (Delhi, India)

Bronze: Sukhchain Singh | Men's Recurve Individual

Gold: Ankita Bhakat | Women's Recurve Individual

Bronze: Bhajan Kaur | Women's Recurve Individual



Archer Atanu Das with coach Mim Gurung



Archer Deepika Kumari in action at the Paris World Cup



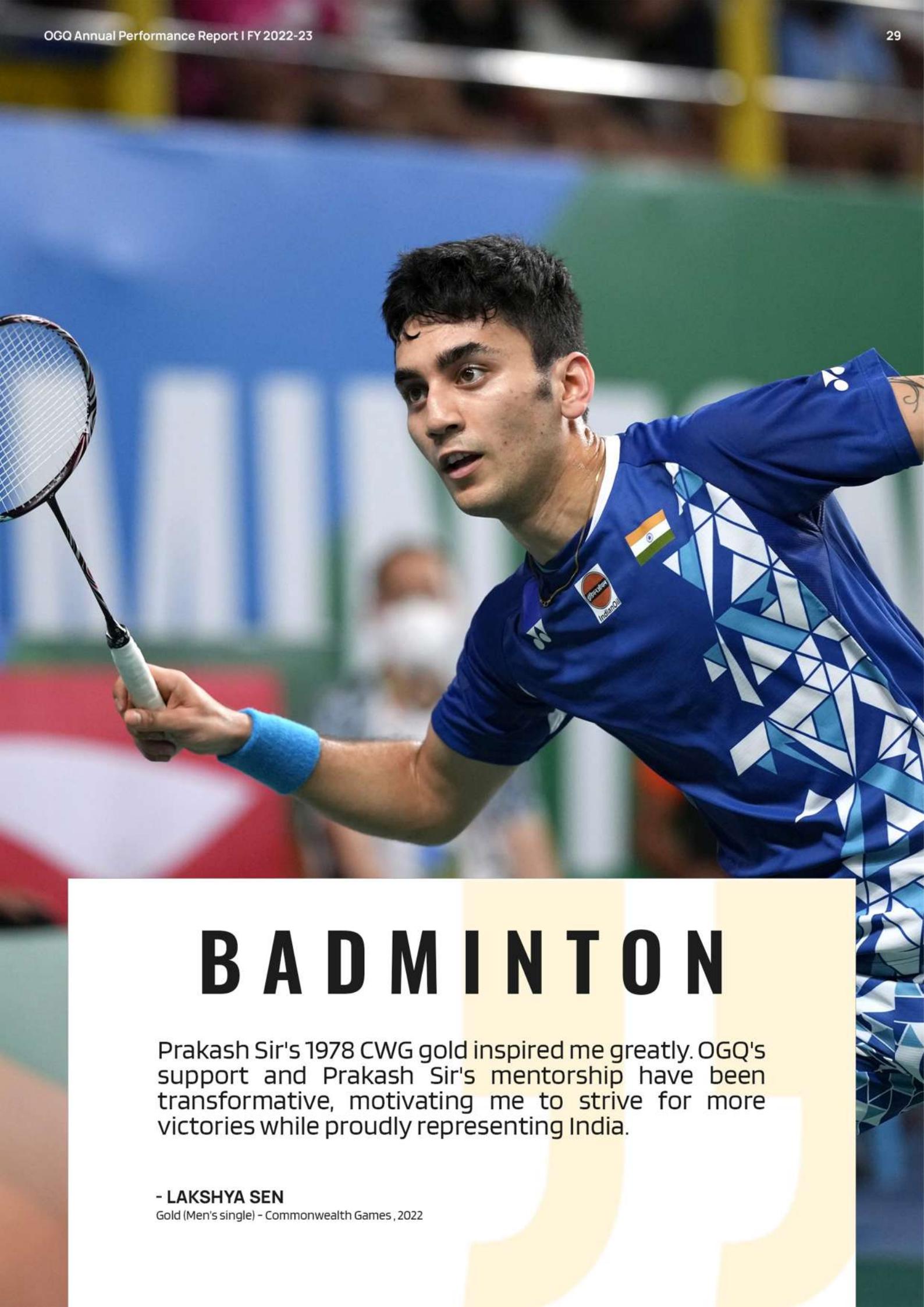
Archer Sukhmani with OGG Physiotherapist Chinmay at the NRAT in Amravati



Archer Dhiraj Bomma devara in action



Archer Ankita Bhakat with OGG Physiotherapist Saloni



BADMINTON

Prakash Sir's 1978 CWG gold inspired me greatly. OGQ's support and Prakash Sir's mentorship have been transformative, motivating me to strive for more victories while proudly representing India.

- LAKSHYA SEN

Gold (Men's single) - Commonwealth Games, 2022

Seniors:

	Age
1. Aakarshi Kashyap	21
2. Ashmita Chaliha	23
3. Ishaan Bhatnagar	21
4. Kiran George	23
5. Lakshya Sen	21
6. Meiraba Luwang	20
7. P.V. Sindhu	27
8. Priyanshu Rajawat	21
9. Saina Nehwal	33

Juniors:

1. Ankit Mondol*	17
2. Ansh Negi	16
3. Anupama Upadhyaya	18
4. Ayush Shetty	18
5. Bharat Raghav	19
6. Darshan Pujari	18
7. Devika Sihag	17
8. Dhruv Negi	17
9. Manish Phogat	15
10. Meghana Reddy*	18
11. Prajwal Sonawane	16
12. Pranav Rao Gandham	19
13. Sai Satya Sarvesh*	18
14. Sai Vishnu Pullela*	18
15. Tanvi Patri	11
16. Tanvi Sharma	14
17. Tasnim Mir	17

*Support discontinued based on Biannual Performance Review

OGQ Support to Badminton Players:

Recovery Equipment (Game Ready, Theragun), Heart Rate Monitors, International Tournament Support, Foreign Coach, Domestic Training & Tournament, Sports Science (Physiotherapy, Nutrition, Sports Psychologist), Medical Support (Including surgery for some athletes)

PERFORMANCE HIGHLIGHTS:

● Thomas Cup 2022 (Bangkok, Thailand)

Gold: Lakshya Sen | Men's Singles

● Commonwealth Games 2022 (Birmingham, UK)

Gold: Lakshya Sen | Men's Singles

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

● Singapore Open, Super 500 (Singapore)

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

● Chattisgarh International Challenge 2022 (Raipur, India)

Gold: Tasnim Mir | Women's Singles

● Bangladesh International Challenge 2022 (Dhaka, Bangladesh)

Silver: Priyanshu Rajawat | Men's Singles

● Denmark Masters International Challenge 2022 (Odense, Denmark)

Silver: Kiran George | Men's Singles

● Nantes International Challenge 2022 (Nantes, France)

Bronze: Meiraba Luwang | Men's Singles

● Senior National Championship 2022 (Pune, India)

Gold: Anupama Upadhyaya | Women's Singles

● Khelo India Youth Games 2023 (Gwalior, India)

Gold: Devika Sihag | Women's Singles U-19



Shuttler Bharat Raghav with OGQ Nutritionist Charvi



Shuttler Priyanshu Rajawat with OGQ nutritionist Kalyani during a body composition analysis & consultation session



Shuttler Ashmita Chaliha in action at the India Open



BOXING

Despite wrist and shoulder injuries in 2019, OGQ's intervention prevented me from quitting. Their unwavering belief and support during tough times enabled my comeback, leading me to become a world champion.

- **NITU GHANGHAS**

Gold - IBA Boxing World Championship, 2022

Seniors:

	AGE:
1. Akash Kumar	22
2. Akash Sangwan	23
3. Amit Panghal	27
4. Anamika Hooda	22
5. Arundhati	20
6. Baby Chanu*	21
7. Barun Singh*	22
8. Bhavesh Kattimani*	21
9. Biswamitra	20
10. Bolotsion Singh*	20
11. Deepak Kumar Bohria	25
12. Jaismine	21
13. Kartik*	22
14. Kavinder Bist*	30
15. Kunjarani Devi	19
16. Lakshya Chahar	21
17. Maibam Rosemary Chanu*	19
18. Manish Kaushik	27
19. Manju Rani	23
20. Mary Kom	40
21. Narender	28
22. Nitu	22
23. Parveen Hooda	22
24. Poonam	20
25. Sakshi Chaudhary	22
26. Sanamacha Chanu	21
27. Sumit	20
28.. Victor Singh*	20

Juniors:

1. Amarjit Singh	16
2. Deepak	18
3. E Sunanda Singh	16
4. Edipak Singh*	19
5. Mayengbam Sagar Chanu	16
6. Preeti Dahiya	18
7. Radhamani Longjam	14
8. Soibam Anjali Devi*	16
9. Thangjam Sneha Chanu	15
10. Thokchom Tompok Singh	16

*Support discontinued based on Biannual Performance Review

OGQ Support to Boxers:

Sports Kit and Equipment, Medical Support (Includes surgery for some athletes) Academy Support , Domestic Training, NSF Support and Gym Equipment & Setup.

PERFORMANCE HIGHLIGHTS:

● Women's World Championship (New Delhi, India)

Gold: Nitu Ghanghas | Women's 48 Kg

● Commonwealth Games 2022 (Birmingham, UK)

Gold: Amit Panghal | Men's 52 Kg

Gold: Nitu Ghanghas | Women's 48 Kg

Bronze: Jaismine Lamboriya | Women's 60 Kg

● Asian Championship (Ammam, Jordan)

Bronze: Sumit Kundu | Men's 75 Kg

Bronze: Narender | Men's 92+ Kg

● Boxing Youth World Championship (Valencia, Spain)

Bronze: Kunjarani | Women's 60 Kg

● Strandja Boxing Tournament (Sofia, Bulgaria)

Silver: Anamika Hooda | Women's 50 Kg

Bronze: Biswamitra | Men's 50 Kg



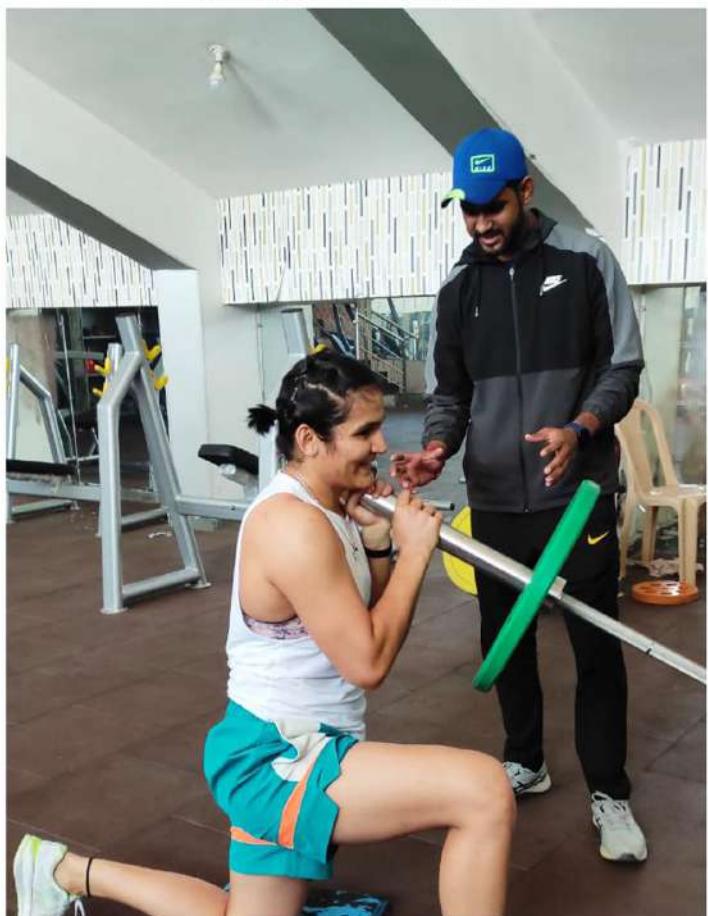
Boxer Sumit Kundu in action at Strandja Memorial Boxing Tournament



Boxer Deepak with OGG Nutritionist Mohit



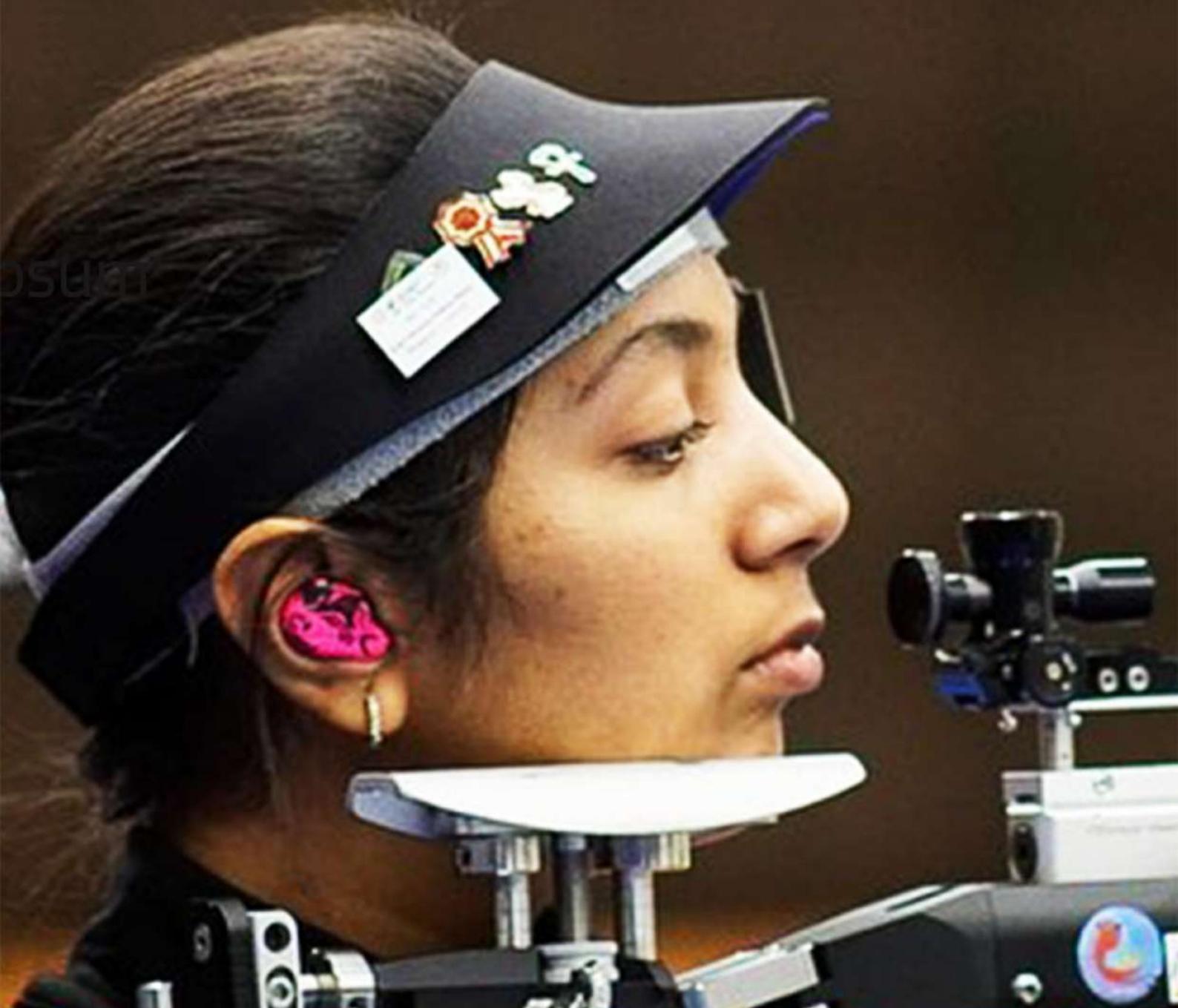
Boxer Sakshi in action at the IBA World Championship in Delhi



Boxer Arundhati with OGG Physiotherapist Dharamveer at ASI Pune



Boxer Nitu Ghanghas with Senior, S&C Trainer Moby Duyu



SHOOTING

For shooters, equipment, ammunition, and sports science team like nutritionists and mental trainers are crucial. OGQ has consistently gone above and beyond to provide top-notch support whenever I've needed it. The team's excellent backing has been invaluable.

- RAMITA JINDAL

Gold - ISSF Junior World Championship, 2022

Seniors:

	Age
1. Abhidnya Patil	23
2. Abhishek Verma	33
3. Adarsh Singh	21
4. Aishwary Pratap	22
5. Angad Bajwa	27
6. Anmol Jain*	23
7. Annu Raj Singh	39
8. Apurvi Chandela	30
9. Arjun Babuta	24
10. Arjun Cheema	21
11. Ayushi Podder	22
12. Deepak Kumar*	35
13. Divya T.S	27
14. Elavenil Valarivan	24
15. Gagan Narang	39
16. Gurjoat Singh	28
17. Hriday Hazarika	21
18. Kiran Ankush	27
19. Kynan Chenai*	32
20. Manavaditya*	23
21. Manini Kaushik	22
22. Mehuli Ghosh	22
23. Naveen	21
24. Nisha Kanwar	22
25. Om Prakash	27
26. Paarth Makhija	21
27. Rahi Sarnobat	32
28. Samiksha Dhingra	23
29. Sarabjot Singh	21
30. Shahzar Rizvi*	27
31. Shreya Agrawal	22
32. Swapnil Kusale	27
33. Vijay Kumar	37
34. Yashaswini Deswal	25
35. Yuvika Tomar	21
36. Zeena Khitta	21

*Support discontinued based on Biannual Performance Review

Juniors:

	Age
1. Abhinav Shaw	15
2. Anish	20
3. Ashi Chouksey	21
4. Dhanush Srikanth	20
5. Divyansh Panwar	20
6. Esha Singh	18
7. Harshwardhan*	18
8. Manu Bhaker	21
9. Naamya Kapoor	15
10. Ramita Jindal	19
11. Rhythm Sangwan	19
12. Rudrankksh Patil	19
13. Sagar Dangi	20
14. Sameer	16
15. Saurabh Chaudhary	20
16. Shapath Bharadwaj	21
17. Shikha Narwal	18
18. Shiva Narwal	17
19. Sift Kaur Samra	21
20. Srinjoy Dutta	19
21. Udhayveer Sidhu	20
22. Varun Tomar	19
23. Vijayveer Sidhu	20
24. Yash Vardhan	19

Project Leap

OGQ Support to Shooters:

International Tournament Support, Foreign Coach, Rifle, Pistol, Shooting Accessories, Ammunition, International Travel for Ammunition Testing, Sports Science (Physiotherapy, Nutrition, Sports Psychologist, Strength & Conditioning) Domestic Training & Tournament.

PERFORMANCE HIGHLIGHTS:

● ISSF World Championship 2022 (Cairo, Egypt)

Gold: Rudrankksh Patil | 10M Air Rifle Men

● ISSF President's Cup 2022 (Cairo, Egypt)

Gold: Rudrankksh Patil | 10M Air Rifle Men

● ISSF Junior World Championship 2022 (Cairo, Egypt)

Bronze: Sri Karthik Sabari (Leap) | 10M Air Rifle Men

Gold: Ramita Jindal | 10M Air Rifle Women

Silver: Shikha Narwal | 10M Air Pistol Mixed Team

● ISSF World Cup 2023 (Cairo, Egypt) (Bhopal, India)

Gold: Aishwary Pratap Tomar | 50M Rifle 3P Men

Bronze: Sift Kaur Samra | 50M Rifle 3P Women

Gold: Sarabjot Singh | 10M Air Pistol Men

Bronze: Manu Bhaker | 25M Pistol Women

Bronze: Anish Bhanwala | 25M Rapid Fire Men

● Asian Airgun Championship 2022 (Daegu, Korea)

Silver: Kiran Jadhav | 10M Air Rifle Men

Gold: Mehuli Ghosh | 10M Air Rifle Women



Shooter Shiva Narwal with OGQ Nutritionist Mohit



Shooter Sarabjot Singh with OGQ Physiotherapist Zeba



Shooter Rahi Sarnobat with OGQ S&C trainer Akshay Bhapkar



Shooter Saurabh Chaudhary with sports psychologist Mugdha



Shooter Elavenil Valarivan in action at the ISSF World Cup in Bhopal



WRESTLING

With the backing of my parents and OGQ's steadfast support, I secured my Tokyo qualification and achieved medals at CWG and World Championships. Their encouragement has been pivotal in my journey.

- ANSHU MALIK

Silver - World Wrestling Championships, 2021

Seniors:

	AGE:
1. Anju	23
2. Ankush	22
3. Anshu	21
4. Arjun Halakurki	24
5. Bajrang Punia	29
6. Deepak*	20
7. Deepak Punia	23
8. Mansi	21
9. Naveen*	24
10. Pooja Gahlot	26
11. Rahul Gulia	24
12. Ravi kumar	25
13. Ravinder	21
14. Rohit	21
15. Sarita Mor	27
16. Vijay Patil*	23
17. Vinesh Phogat	28

Juniors:

1. Aman	19
2. Arju	19
3. Atish Todkar	20
4. Atul	17
5. Bhagyashree Fand*	19
6. Himanshu Pawar	17
7. Joginder Rathi	16
8. Manish Goswami*	18
9. Mansvi	17
10. Mukul Dahiya	17
11. Naveen	20
12. Neeraj Joon	15
13. Nitin	15
14. Pratham Dalal	18
15. Priya Malik	18
16. Ravi	19
17. Ravinder	17
18. Reetika	20
19. Rohit Kumar	16
20. Rupin	16
21. Sagar Jaglan	18
22. Sonam Malik	20
23. Sujeet	20
24. Sumit Malik	17
25. Suraj	16
26. Sweety	19
27. Udit	18
28. Yugam	14

*Support discontinued based on Biannual Performance Review

OGQ Support to Wrestlers:

Gym Equipment & Set-Up, Medical Support (Includes surgery for some athletes), Sports Science (Physiotherapy, Nutrition, Sports Psychologist, Strength & Conditioning), Domestic Training & Competition and International Training.

PERFORMANCE HIGHLIGHTS:

● **Wrestling World Championship 2022 (Belgrade, Serbia)**

Bronze: Vinesh Phogat | 53Kg

Bronze: Bajrang Punia | 65Kg

● **Wrestling U-20 World Championship 2022 (Sofia, Bulgaria)**

Silver: Priya Malik | 76Kg

Bronze: Sagar Jaglan | 74Kg

Silver: Sonam Malik | 62Kg

● **U-23 World Championship 2022 (Pontevedra, Spain)**

Gold: Aman | 57Kg

● **Bolat Turlykhanov Cup 2022 (Almaty, Kazakhstan)**

Gold: Aman | 57Kg

● **Commonwealth Games 2022 (Birmingham, England)**

Gold: Ravi Kumar | 57Kg

Gold: Bajrang Punia | 65Kg

Gold: Deepak Punia | 86Kg

Gold: Vinesh Phogat | 53Kg

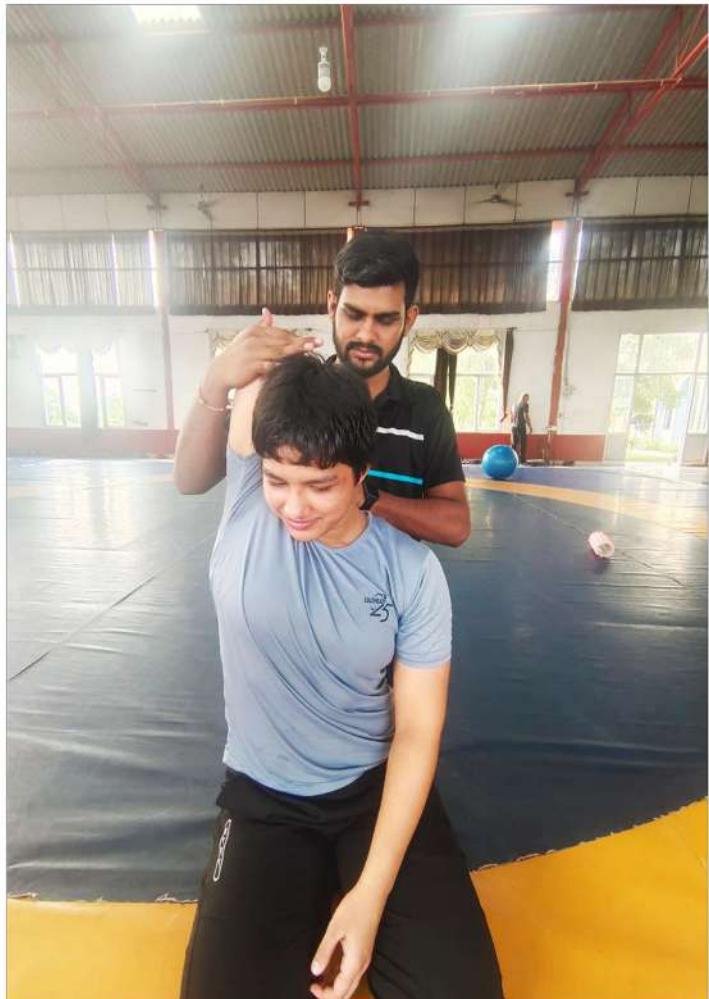
Gold: Naveen | 74Kg

Silver: Anshu Malik | 57Kg

Bronze: Pooja Gahlot | 50Kg



Wrestler Ravi Kumar with OGQ Nutritionist Tajinder



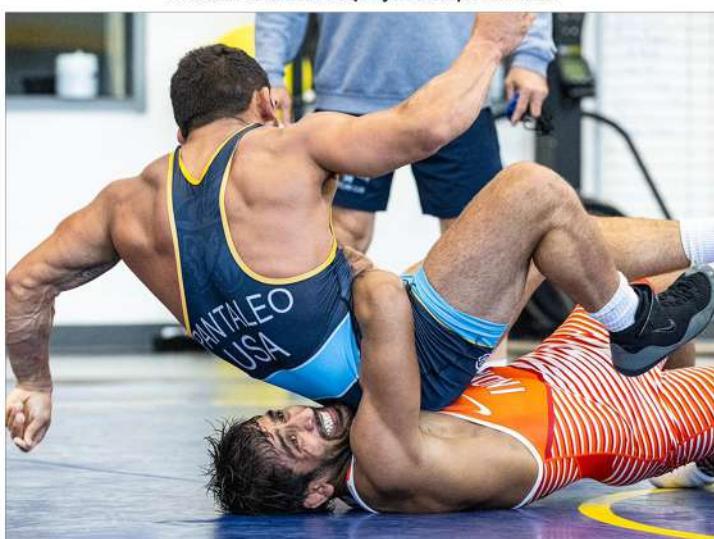
Wrestler Priya Malik with OGQ Physiotherapist Dharamveer



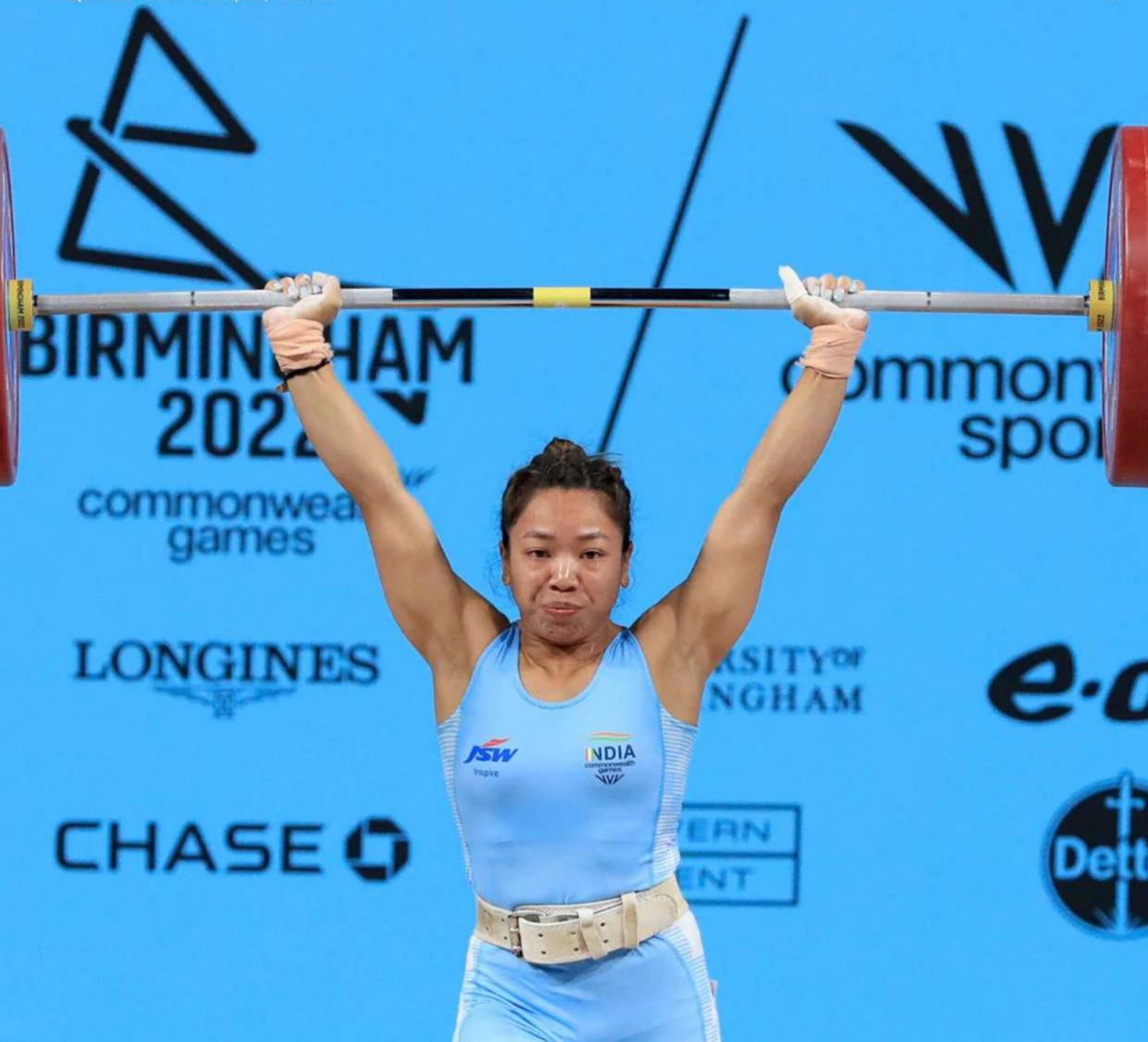
Wrestler Mansi with OGQ Physiotherapist Sanchita



Wrestler Suraj with OGQ SeC Trainer Vijendar



Wrestler Bajrang Punia during his training in USA



WEIGHTLIFTING ATHLETICS TABLE TENNIS SWIMMING

WEIGHTLIFTING**Seniors:**

	Age
1. Mirabai Chanu	28
2. Bindyaranvi Devi	24

ATHLETICS**Seniors:**

1. Akshdeep	23
2. Annu Rani	30
3. Jyoti Rakesh	20
4. Kunwer Ajay*	21
5. Sahil Silwal	22
6. Sarvesh Kusare	27
7. Shilpa Rani	26
8. Tajinderpal Singh Toor	28

Juniors:

1. Deepika Kumar	17
2. Poorva Sawant	20
3. Rezoana Mallick Heena	16
4. Sapna Chander	17
5. Shaili Singh	19

TABLE TENNIS**Seniors:**

1. Archana Kamath	22
2. Manav Thakkar	22

Juniors:

1. Diya Chitale	19
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SWIMMING**Junior:**

1. Hashika Chandran R.	14
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OGQ Support to All Athletes:

Domestic Training & Competition, International Competition, Sports Science (Physiotherapy, Nutrition, Sports Psychologist, Strength & Conditioning) International Training, Equipment and Gym Set-Up.

PERFORMANCE HIGHLIGHTS:

WEIGHTLIFTING

- Commonwealth Games 2022 (Birmingham, England)
Gold: Mirabai Chanu | 49Kg
- IWF World Championship 2022 (Bogota, Colombia)
Silver: Mirabai Chanu | 49Kg
- National Games 2022 (Ahmedabad, India)
Gold: Mirabai Chanu | 49Kg

ATHLETICS

- Asian Race Walking Championship 2023 (Nomi, Japan)
Gold: Akshdeep Singh | 20KM Race Walk
- Asian Indoor Athletics Championship 2023 (Astana, Kazakhstan)
Gold: Tajinderpal Toor | Shot Put
- National Games 2022 (Ahmedabad, India)
Silver: Shaili Singh | Long Jump
Bronze: Shilpa Rani | Javelin Throw
- Open Nationals 2022 (Bangalore, India)
Gold: Sarvesh Kushare | High Jump

TABLE TENNIS

- WTT Contender 2022 (Muscat, Oman)
Silver: Manav Thakkar & Archana Kamath | Mixed Doubles
- National Games 2022 (Ahmedabad, India)
Bronze: Diya Chitale | Women's Singles
Silver: Diya Chitale | Women's Team
Gold: Manav Thakkar | Men's Team
- Senior Nationals 2022 (Jammu, India)
Gold: Manav Thakkar & Archana Kamath | Mixed Doubles

SWIMMING

- 53rd Singapore National Age Group Swimming Championships 2023
Bronze: Hashika Chandran R. | 400m Freestyle



Shot putter Tajinderpal Toor in Action



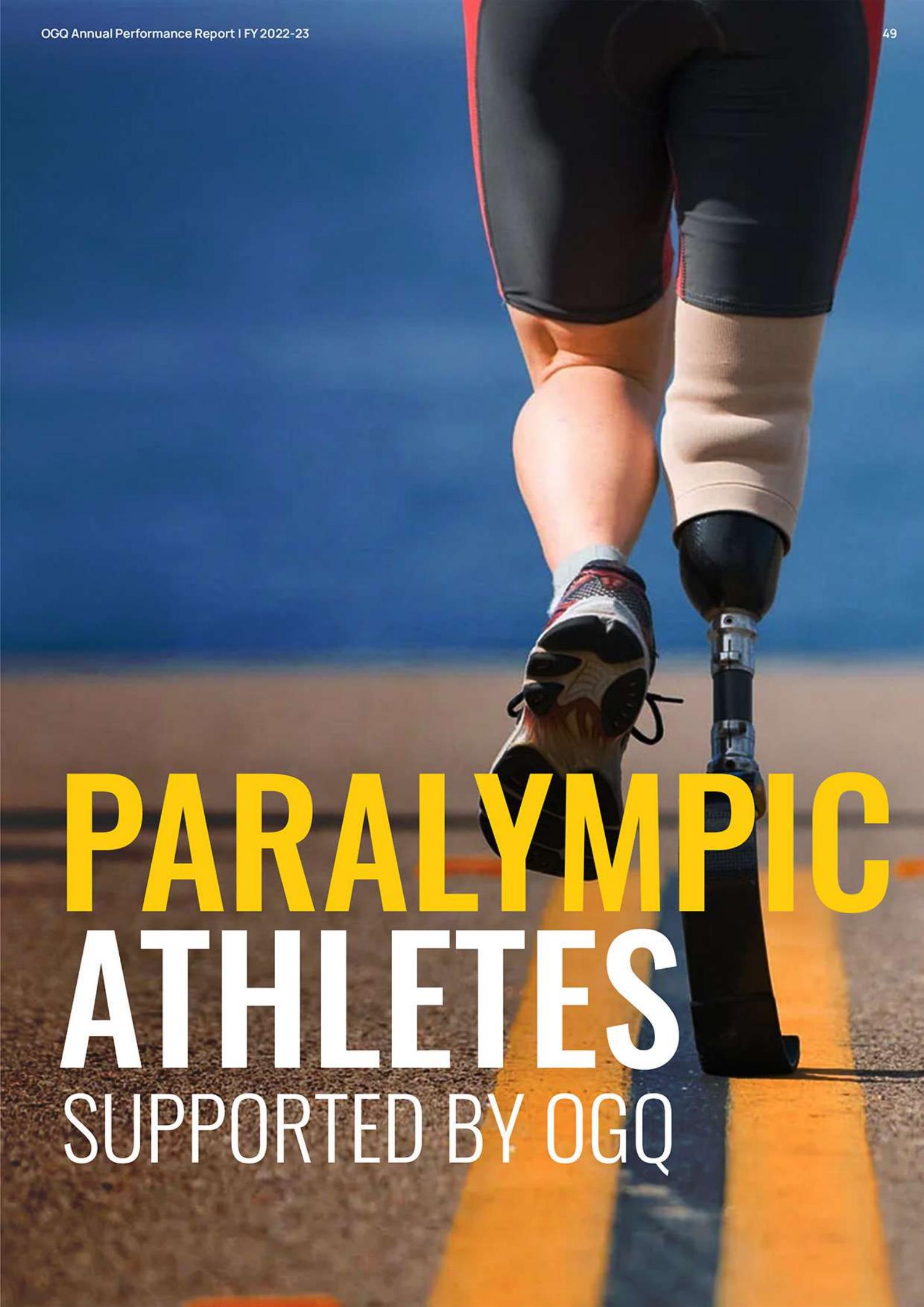
Long Jumper Shailli Singh in action at the National Junior Athletics Championships, 2022 in Guwahati



Table Tennis player Diya Chitale during her training session



Javelin Thrower Sahil Silwal with OGQ Physiotherapist Alok and S&C trainer Moby



PARALYMPIC ATHLETES

SUPPORTED BY OGQ



**No of Para Athletes
Supported by OGQ: 67**

**OGQ supports
training of Para
Athletes in
following sports:**

- 1. Para Athletics**
- 2. Para Archery**
- 3. Para Badminton**
- 4. Para Shooting**
- 5. Para Table Tennis**
- 6. Para Powerlifting**
- 7. Para Canoe**



PARA ATHLETICS

OGQ sent me for the 2019 World Championship, leading to my qualification for the 2020 Paralympics. This pivotal moment of my International career was bolstered by OGQ's invaluable sports science support which fuelled my journey to a Tokyo 2020 silver medal.

- **NISHAD KUMAR**
Silver - Tokyo Paralympics 2020

	Impairment	Age
JAVELIN THROW		
1. Ajeet Singh	F46: Upper Limb	29
2. Devendra Jhajharia	F46: Upper Limb	41
3. Navdeep	F41: Short Stature	22
4. Rinku Hooda	F46: Upper Limb	24
5. Sandeep Choudhary	F44/64: Lower Limb	26
6. Sandip Sargar	F44: Lower Limb	29
DISCUS THROW		
1. Ajit Panchal	F52: Wheelchair user	30
2. Boby*	F37: Intellectual	22
3. Yogesh Kathuniya	F56: Lower Limb	26
SHOT PUT		
1. Arvind	F35: Intellectual	29
2. Bhagyashri Jadhav	F34: Wheelchair user	37
3. Rana Soman	F57: Lower Limb	39
4. Sachin Khilari	F46: Upper Limb	33
HIGH JUMP		
1. Mariyappan Thangavelu	T42/63: Lower Limb	27
2. Nishad Kumar	T47: Upper Limb	23
3. Praveen Kumar	T44: Lower Limb	19
4. Ramsingh Govindbhai	T42/63: Lower Limb	28
5. Shailesh Kumar	T42/63: Lower Limb	22
LONG JUMP		
1. Nimisha C.	T46/47: Upper Limb	22
1500M/100M RACE		
1. MS Sharath	T12/13: Visual	22
2. Simran	T12: Visual	23

*Support discontinued based on Biannual Performance Review

OGQ Support to Para Athletes:

Domestic Training & Tournament, International Competition, Sports Science (Physiotherapy, Nutrition, Sports Psychologist), International Training, Equipment & Gym Set Up, Prosthetics & Wheelchair.



PARA ARCHERY

OGQ's support has been a pillar for me in my career. Right from personalized nutrition, rehabilitation, strengthening, to world-class equipment, OGQ has provided me with all my needs in my quest to win another Paralympic medal for the country.

- HARVINDER SINGH
Bronze - Tokyo Paralympics 2020

COMPOUND	Impairment	Age
1. Shyam Sundar Swami	Lower Limb	26
2. Mitali Gaikwad*	Wheelchair user	28
3. Sheetal Devi	Upper Limb	15
4. Sarita	Wheelchair user	35

RECURVE

1. Harvinder Singh	Lower Limb	32
2. Vivek Chikara	Lower Limb	33
3. Pooja Jatyan	Lower Limb	25

*Support discontinued based on Biannual Performance Review

OGQ Support to Para Archers:

Sports Science (Physiotherapy & Nutrition), Arrows and Accessories, Domestic Training & Tournament, Prosthetic Limbs and Archery Bow.



PARA BADMINTON

OGQ's support for Paris 2024 has been phenomenal. The sports science team and Indonesian sparring partner have been game-changers in my training. With OGQ's backing, I'm confident to take on the best in the world.

- **NITHYA SRE**
Bronze, World Para Badminton Championships 2022

MEN'S DOUBLES	Impairment	Age
1.Abu Hubaida	WH2: Wheelchair user	28
2.Prem Kumar Ale	WH1: Wheelchair user	35
MEN'S SINGLES		
1.Chirag Baretha	SU5: Upper Limb	26
2.Dhinagaran Pandurangan	SH6: Short Stature	32
3.Hardik Makkar	SU5: Upper Limb	21
4.Haris Mythili Srikumar	WH2: Wheelchair user	13
5.Karan Paneer*	SU5: Upper Limb	22
6.Krishna Nagar	SH6: Short Stature	24
7.Naveen Sivakumar	SL4: Lower Limb	19
8.Nehal Gupta	SL3: Lower Limb	18
9.Nitesh Kumar	SL3: Lower Limb	28
10.Pramod Bhagat	SL3: Lower Limb	34
11.Ruthick Ragupathi	SU5: Upper Limb	22
12.Sanjeev Kumar	WH2: Wheelchair user	35
13.Shashank Kumar	WH1: Wheelchair user	28
14.Sivarajan Solaimalai	SH6: Short Stature	27
15.Sukant Kadam	SL4: Lower Limb	29
WOMEN'S SINGLES:		
1.Amudha Saravanan	Lower Limb	26
2.Manisha Ramadass	Upper Limb	18
3.Nithya Sre	Short Stature	18
4.Shanthiya Vishwanathan	Upper Limb	18

*Support discontinued based on Biannual Performance Review

OGQ Support to Para Badminton Players:

Recovery Equipment (Game Ready, Theragun), International Tournament Support, Domestic Training & Tournament Prosthetic Legs Sports, Equipments Sparring Partner for Training Medical Support and Sports Science (Physiotherapy, Nutrition, Sports Psychology).



PARA SHOOTING

OGQ provided a full-time coach, enabling me to excel in 4 events and secure a Paris Paralympics quota. OGQ has also assisted me with nutrition, a new rifle, wheelchair and also a personal physiotherapist.

- AVANI LEKHARA
Gold - WSPS World Cup, Chateauroux, 2022

PISTOL	Impairment	Age
1.Akash	SH1: Lower Limb	32
2.Manish Narwal	SH1: Upper Limb	21
3.Nihal Singh	SH1: Upper Limb	23
4.Pooja Agarrwal	SH1: Upper & Lower Limb	37
5.Rahul Jakhar	SH1: Lower Limb	36
6.Rubina Francis	SH1: Lower Limb	23
7.Singhraj Adhana	SH1: Lower Limb	41

RIFLE:

1.Avani Lekhara	SH1: Wheelchair user	21
2.Deepak Saini	SH1: Wheelchair user	40
3.Sidhartha Babu	SH1: Wheelchair user	43
4.Sriharsha Devaraddi	SH1: Wheelchair user	42
5.Swaroop Unhalkar	SH1: Wheelchair user	35

OGQ Support to Para Shooters:

Rifle and Pistol, Shooting Accessories, Ammunition & Targets, Wheelchair Accessories, Domestic Training & Tournament, Medical Support, Foreign Training and Sports Science (Physiotherapy, Nutrition, Sports Psychology).



PARA TABLE TENNIS PARA POWERLIFTING AND PARA CANOE

Thanks to OGQ's support, I made history as the first Indian Para Athlete to win a Paralympic medal in the sport of Table Tennis. They provided an Olympic-quality table for my Paris 2024 preparation. Their relentless backing drives me towards another podium finish.

- BHAVINA PATEL
Silver, Tokyo Paralympics 2020

PARA TABLE TENNIS	Impairment	Age
1.Bhavina Patel	C4: Wheelchair user	36
2.Sonal Patel	C3: Wheelchair user	37
PARA POWERLIFTING		
1.Parmjeet Kumar	Open: Wheelchair user	30
2.Sakina Khatun	Open: Lower Limb	33
PARA CANOE:		
1.Prachi Yadav	VL2, KL2 – 200m	27

OGQ Support to Para Athletes:

Domestic Training & Tournament, Canoe and Sports Equipment, International Tournament, Wheelchair, Sports Science (Physiotherapy & Nutrition)

PARA PERFORMANCE HIGHLIGHTS:

PARA BADMINTON

● BWF Para Badminton World Championships 2022 (Tokyo, Japan)

Gold: Manisha Ramadass | Women's Singles SU5

Gold: Pramod Bhagat | Men's Singles SL3

Bronze: Nithya Sre | Women's Singles SH6

Silver: Nitesh Kumar | Men's Singles SL3

Bronze: Sukant Kadam | Men's Singles SL4

PARA SHOOTING

● WSPS World Championships 2022 (Al Ain, UAE)

Bronze: Rahul Jakhar | Men's P3 Pistol SH1

PARA TABLE TENNIS

● Commonwealth Games 2022 (Birmingham, UK)

Gold: Bhavina Patel | C4 Singles

Bronze: Sonal Patel | C3 Singles



Para Table Tennis player Sonal Pate in action

Para Badminton player Nitesh Kumar in action

PARA PERFORMANCE HIGHLIGHTS:

PARA CANOE

- **World Cup 2022 (Poland)**

Bronze: Prachi Yadav | VL2

PARA POWERLIFTING

- **Asian Ocenia Championships 2022 (Australia)**

Bronze: Parmjeet Kumar | Men's 50kg

PARA ATHLETICS

- **Tunisia Para Athletics Grand Prix (Tunisia)**

Gold: Rinku Hooda | Men's F46 Javelin Throw

- **Marrakech 2022 Para Athletics Grand Prix 2022 (Morocco)**

Gold: Ajeet Singh | Men's F46 Javelin Throw

Gold: Nishad Kumar | Men's T47 High Jump

- **Indian Open Para Athletics Competition 2022 (India)**

Gold: Yogesh Kathuniya | Men's F56 Discus Throw

With a World Record throw of 48.34m



Para Javelin Thrower Ajeet Singh in action



Para Canoeist Prachi Yadav in action



Para High Jumper Nishad Kumar in action



Para Powerlifter Paramjeet Kumar in training

OGQ SUPPORT TO PARA ATHLETES

Phyisotherapy, Strength & Conditioning, Injury Rehabilitation, Sports Psychology, Nutrition, Travel for Domestic & International Tournaments, Foreign Coaching



Para Table Tennis player Sonal Patel with OGQ Nutritionist Tajinder



Para Shooter Sriharsha with OGQ Physiotherapist Abhishek



Para Badminton player Krishna Nagar with OGQ Nutritionist Tajinder



Para Badminton player Nithya Sre with Sports Psychologist Mugdha



Para Canoeist Prachi Yadav with OGQ Physiotherapist Mayank



Para Javelin Thrower Ajeet Singh with OGQ Physiotherapist Roma



Para Long Jumper Nimisha C. with OGQ Physiotherapist Aalaap



Para High Jumper Nishad Kumar with OGQ Physiotherapist Aalaap



Para Shooter Avani Lekhara with OGQ Physiotherapist Shubham



OGQ COACHES PROGRAM

OGQ identified the support and development of high-performance Indian coaches as a key initiative to improve India's performance at the Olympics and Paralympics.

Launched in 2017, the OGQ Coaches Program has till date directly impacted 145 coaches and indirectly impacted approximately 6000 athletes training in 3 sports- Badminton, Shooting and Para Athletics.

VISION

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

MISSION

Our mission is to accelerate development of Indian coaches who can train athletes to become Olympic and Paralympic champions in the future.

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



Anne Grethe Jeppesen, former Olympian and ISSF certified expert rifle trainer, leading a group discussion for CEP Class of 2022 - Shooting coaches.

3 TIER STRUCTURE OF OGQ COACHES PROGRAM

1. COACHES FOUNDATION PROGRAM

The aim of OGQ Coaches Foundation Program (CFP) is to focus on building a good foundation and fundamental skill set among a maximum number of Indian coaches.

2. COACHES EXCELLENCE PROGRAM

The OGQ Coaches Excellence Program (CEP) is a one year hybrid program that focuses on High Performance. Participating coaches are provided with empowerment tools to train them to be at par with the best.



3 Time Paralympic medallist and Padma Bhushan awardee, Devendra Jhajharia, with the shooting coaches for CEP Class of 2023 during the Graduation ceremony

3. COACHES LEADERSHIP PROGRAM

The Coaches Leadership Program (CLP) is a multi year program which aims to develop world class leaders who can produce India's future Olympic medalists. Selected coaches are provided with leadership training, mentoring, sports science knowledge, individual support and exclusive access to industry leading resources.



3 Day technical camp held by Dr. Satyapal Singh at PD-CSE Bengaluru, for the inaugural CFP Para Athletics Class of 2023

PROGRAM PILLARS

COACHING ESSENTIALS

Coaching Essentials vertical focuses on developing key communication and leadership skills to help coaches build successful relationships with their athletes and other key stakeholders.

TECHNICAL TRAINING

The technical training vertical trains coaches on the most advanced training methods, tactical training strategies, tournament and annual planning, all geared towards raising the standard of coaching.

SPORTS SCIENCE

This vertical equips coaches with the latest insights and skills across key domains like sports psychology, nutrition, strength and conditioning, anatomy, and recovery. Led by experts in these fields, the program empowers coaches to apply scientific knowledge to enhance athlete development.

EXPERT TRAINERS

TECHNICAL



U Vimal Kumar

Co-Founder and Chief Coach of PPBA, Former National Badminton coach and a Dronacharya awardee

Anne Grethe Jeppesen

Former Olympian and ISSF certified Rifle instructor

Dr. Satyapal Singh

Senior Para Athletics coach and Dronacharya awardee

SPORTS SCIENCE



Mugdha Bavare

Sports Psychologist and Director-Disha Counseling Center, Mumbai

Aradhana Sharma

Sports Nutritionist

Nikhil Latey

Sport Scientist and Physiotherapist at ProPhysio

COACHING ESSENTIALS



Gagan Adlakha

Senior Partner at Vyaktitva and Life/Executive Coach

Vivek Sunder

CEO, CueMath and Ex COO, Swiggy

Nigel Green

Chair at International Physical Literacy Association (ILPA)

OGQ COACHES PROGRAM IMPACT



Elavenil Valarivan (10m Air Rifle) and Aishwary Pratap (50m Rifle 3-Positions), who represented India at the Tokyo Olympics 2020 trained directly under OGQ Coaches Program Alumni, Neha Chavan and Vaibhav Sharma.

11 COACHES

Have been part of national teams in the last 4 years

20 ATHLETES

Training under OGQ CP alumni coaches won medals at International events

41 ATHLETES

Training under OGQ CP coaches have won medals in National events in 2022



Coach Neha Chavan [L] with Olympian Elavenil Valarivan [R]



Coach Vaibhav Sharma [R] with Olympian Aishwary Pratap Singh [L]

ALUMNI INITIATIVES

OGQ Coaches Program aims to build a strong community of alumni coaches with more and more coaches graduating from different Coaches Programs every year. We believe peer learning is the key to continuous improvement of coaches.

As a first step, the first Alumni conference for Badminton was held in September 2022 in Bangalore at PD-CSE which was attended by 15 Alumni coaches.



Mathias Boe, Athens 2004 Olympics Silver Medalist in Badminton (Men's doubles) and current coach with the Indian Team conducting a Masterclass on Doubles Training for Alumni coaches.

IN CONVERSATIONS



Indian Hockey Legend and 1980 Olympics Gold medalist, Mr. MM Somaya during a fireside chat with Viren Rasquinha, MD and CEO – OGQ.



Indian Badminton Star, Lakshya Sen in conversation with Neha Pandit, Head of OGQ Coaches Program during the Alumni conference.

NEW INITIATIVES (PARA ATHLETICS)



3 day technical camp held by Dr. Satyapal Singh at PDCSE Bengaluru

OGQ introduces Para Athletics as a new sport in Coaches Program after one year of research – Para Athletics. With the Paralympic movement becoming stronger every year, we felt the need to support and develop coaches who are working with Para Athletes at different levels.

Program Goal: To empower Indian coaches working with Para Athletes by providing them the right tools and knowledge to understand disabilities, classifications and unique challenges faced by Para Athletes

Launch: January 2023

12 Male Coaches | 1 Female Coach

Exclusive Technical camp conducted at PD-CSE Bangalore by Dr. Satyapal Singh, Dronacharya awardee and leading Para-athletics coach, to train coaches on technical training pedagogy specific to Para Athletics.



Para Javelin Thrower Devendra Jhajharia

PROJECT LEAP

FY 2022- 2023



Launched in 2017, Project Leap is a joint initiative by Gagan Narang Sports Promotion Foundation (GNSPF) and OGQ to promote the sport of Shooting. With London 2012 Bronze medalist Gagan Narang as the mentor, Project Leap is designed to support the shooters in improving their performance at the National & International level. Together, we envision to win medals in shooting at the 2024 Paris Olympic and Paralympic Games & 2028 Los Angeles Olympic and Paralympic Games.

OGQ SUPPORT IN FY 2022-23:

Shooters Supported: 30

Number of Camps: 10 (6 Pistol | 4 Rifle)

Location: Gun For Glory (GFG) Academies
(Pune & Hyderabad)

OGQ Support:

1. Technical training with foreign coaches and GFG Expert coaches. Personalized training programs were designed by adding control matches, pressure situations similar to a match and scatt training.
2. Personalised and group sessions with sports psychologists.
3. Health check-ups and personalized nutrition support for every shooter.
4. Equipment and Accessories: Ammunition, pellets, consumables, weapon maintenance, barrel testing, personalized grip making and other gunsmith support.



Egyptian Coach Ahmed Seif with a pistol shooter
at the Gun for Glory Academy

ISSF WORLD CHAMPIONSHIP

CAIRO 2022

3 Medals
2 Bronze | 1 Silver

ASIAN AIRGUN CHAMPIONSHIP

DAEGU 2022

4 Medals
3 Gold | 2 Silver | 1 Bronze

ISSF JUNIOR WORLD CUP

SUHL 2022

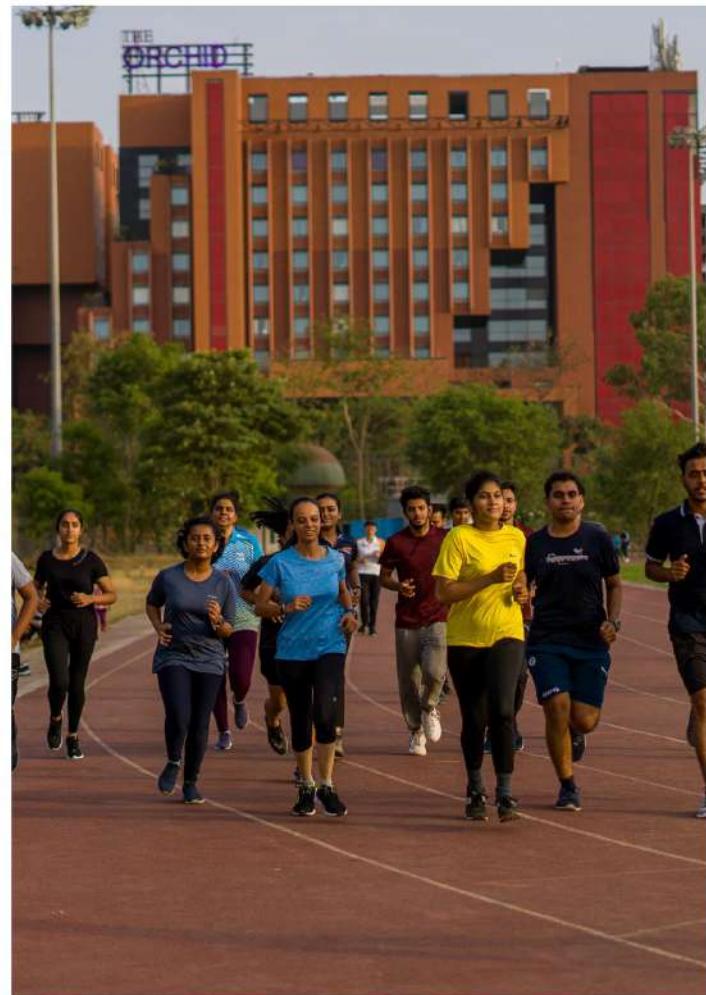
2 Medals
1 Gold | 1 Silver



Project Leap Pistol shooters (L-R) Tejas, Abhinav and Tanmay with their National medals

IMPACT OVER LAST 6 YEARS:

- 6 Editions of Project Leap have been successfully conducted
- 60 camps conducted across Pune, Hyderabad, Chennai and Jabalpur
- 180 shooters trained in rifle and pistol between 11 to 19 years
- 113 International medals won across World Championships, World Cups Asian Championships (Junior and Senior categories)
- 21-year old Rifle shooter Elavenil Valarivan became World No.1 in 2019 and represented India at the Tokyo 2020 Olympics
- Rifle shooter Dhanush Srikanth won the Gold Medal at the Deaflympics 2022



Fitness training session for young shooters part of Project Leap

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 2022-23. Athletes supported by OGQ achieved excellent results at the Tokyo Olympics 2020 and Paralympics & in many other International Competitions. This would not have been possible without your support.

THANK YOU FOR YOUR SUPPORT TO OGQ

RS 1CRORE AND ABOVE:

- Jamnalal Bajaj Foundation
- H T Parekh Foundation
- Nippon Life India Asset Management Ltd
- Swarn Lata Motherson Trust
- HDFC Securities Ltd
- HDFC Bank Ltd
- Sequoia Capital India LLP (Shailendra Singh)
- Campus Activewear Ltd
- Fortress Welfare Foundation (Sameer Koticha)
- HCL Corporation Ltd
- Hexaware Technologies Ltd
- Parul & Rahul Mehta
- Alkem Foundation
- Avendus Finance Pvt Ltd
- Bright Star Investments Pvt Ltd
- Rashmi Jalan and Abhay Pandey
- Delhivery Ltd

RS 25 LAKH AND ABOVE

- Rakesh Vidya Shah Family Foundation
- Dipak & Radha Basu
- EdelGive Foundation
- Ashish Kacholia
- Nalanda Charitable Foundation (Pulak Prasad)
- Navi Finserv Ltd
- Skechers South Asia Pvt Ltd
- SBI Funds Management Pvt Ltd
- Godrej Consumer Products Ltd
- Boston Consulting Group (India) Pvt Ltd
- Brain Point Investment Center Pvt Ltd
- Aditya Vikram Birla Memorial Trust
- NOCIL Ltd
- Acsys Investments Pvt Ltd
- Grant Thornton Advisory Pvt Ltd
- TVS Motor Company Ltd
- AllCargo Logistics Ltd
- Sarala Basant Birla Param Bhakti Trust
- A. S. Trust
- Medico Electrodes International Ltd
- Indegene Ltd
- Rialto Enterprises Pvt Ltd

RS 50 LAKH AND ABOVE:

- Navin Fluorine International Ltd
- Inventures Knowledge Solutions Pvt Ltd
- Neeraj & Sunisha Arora
- Sumir Chadha
- Minal Bathwal
- Vinay and Prachi Agarwal
- Planetcast Media Services Ltd
- Mindtree Foundation
- Great Eastern CSR Foundation
- IGT Solutions Pvt Ltd
- HDFC Asset Management Co Ltd
- Sun Petrochemicals Pvt. Ltd
- ENAM Financial Consultants Pvt Ltd

RS 15 LAKH AND ABOVE

- Atin Kukreja
- Precision Wires India Ltd
- Venky Ganesan
- Kittu & Vini Kolluri
- Kaushie Adiseshan & Anand Rajaraman
- Citrix Systems India Pvt Ltd
- Patnaik Minerals Pvt Ltd
- Ambrish Sukhani
- DMI Housing Finance Pvt Ltd
- JK Paper Ltd
- Ajanta Pharma Ltd
- Pankaj Chaddah
- PN International Pvt Ltd
- Lightbox India Advisors Pvt Ltd
- Vikas Agarwal
- VT Bharadwaj
- Accel Partners India LLP
- Mahyco Pvt Ltd
- Bombay Gymkhana Ltd
- N A Sportz Interactive Pvt Ltd
- A.T.E. Chandra Foundation
- Rajesh Mahadevan
- Surendra Kumar Jain
- Roshan Lal Public Charitable Trust
- Gaja Corporate Advisors Pvt Ltd
- Sanjay Shah
- Pramadwathi Jandhyala
- Jai Rajpal
- JM Financial Foundation
- NTT Communications India Network SE

RS 5 LAKH AND ABOVE

- Shantanu Deshpande
- Parle Biscuits Pvt Ltd
- Red Bull India Pvt Ltd
- Desynova Digital Pvt Ltd
- Dr. Mahua Menon & Ranodeb Roy
- Meena & K Ganesh
- Mehin Tech Edge Solutions
- DSP Investment Managers Pvt Ltd
- Jaimin Bhatt
- Sonata Information Technology Ltd
- Rumki & Michael Fernandes
- Sivaraman Yegneshwar
- Rohit Kale
- Minosha India Ltd
- Sarojini Damodaran Foundation
- Mayank Kumar & Aparna Panwar
- Navneet Foundation
- Sandeep Nayak & Vani Venkatesh
- Hassanand Bodaram Chawla Charitable Trust
- Investec Capital Services (India) Pvt Ltd
- ARS Steels And Alloy
- Vassudeva Dempo Family Pvt Trust
- LNB Group
- Raghu Raghuram
- Chitra Talwar
- BV Jagadeesh
- Feroz Dewan
- Anil & Jyoti Godhwani
- Anshu Goyal & Shilpi Chandra
- Shardaben Chiman Bhai Charity Trust
- MR Rangaswami
- Rajesh Jha
- Karam Safety Pvt Ltd
- Hema & Ashok Hattangady
- Mukund Sridhar
- Shilpa Singhal and Kushagra Pant
- Voltamp Transformers Ltd
- Brookefields Estates Pvt Ltd
- Mukund Dhondge
- Geltec Pvt Ltd
- Arithra Consulting Pvt Ltd
- Arjun Shetty
- Arvind Shah
- Geecee Ventures Ltd
- Essa Suhagraja Pvt Ltd
- Dinesh Chandra Agarwal
- Vikas Chandra Srivastava
- Srivatsan Rajan
- Hemendra Kothari Foundation
- Deepak Premnarayen
- Fiona & Luis Miranda
- Ravi Mankude
- Marketboats Consulting Pvt Ltd
- Tina Chopra & Ronie Ganguly
- Shweta Jalan
- Nucleus Office Parks Pvt Ltd
- Advent India Pe Advisors Pvt Ltd
- Soujanya Color Pvt Ltd
- Mayank Khanduja
- Pradeep Parameswaran

RS 50,000 AND ABOVE

- Anuj Magazine
- Deepak Goyal
- Jayanti Kalyanaraman & Venkat Venkataramani
- Prabakar Family Foundation
- Bikash & Pinki Baid
- Aroni Charitable Trust
- Ramnath Balasubramanian
- Neha Kant
- Pravin & Nagarathna Rao
- Light Ray Advisors LLP
- Namita Gautam
- Ashish Gumashta
- Naresh Krishnaswamy
- Vijay Sharma
- Naren Gorthy
- Manik Gupta
- Trident Automobiles Pvt Ltd
- Suresh & Co.
- Sakshi Chopra
- Unmesh Sharma
- Brahmaji Valiveti
- Kalyani Jaladi
- Suresh Goyal
- Ashish Gupta
- Western Consolidated Pvt Ltd
- Meena Ganesh
- Rahul Luthra
- Vasudevan Rao
- Pearl Enterprise
- Rishi Vasudev
- Naigama Investment Manager LLP
- Manas Saikia
- Chinmaya Golecha
- Pratyush Singh
- Deep Kalra
- Monish Tahilramani
- Chetankumar shah
- Jagadeesh Gummella
- Gopal Munusamy
- Give Foundation
- Kunal Kumar
- Salil Bharat Pitale
- Vinod Murali
- Chinmay Deo
- Raju & Neeraja Reddy
- Maneesh Malhotra
- Riddhi Shah
- Arjun Choudhary
- Harsha Premkumar
- Sankar Krishnan
- Ajay Aggarwal
- Only For U Designs Pvt Ltd
- Krishnamurthy TS
- Gaurav Choudhary
- Hamid Moothala
- Vivek Sunder
- Nirad Deshpande
- Pradyumna Agrawal
- H T Kanabar Higher Education Trust
- Panchakshrapa Pramod
- Karan Mohla
- Aadhar Housing Finance Ltd
- Susanta Mazumdar
- Jaideep Lakshminarayanan
- Sridhar Sethuram Iyer
- Sunil Mandalapu
- Ramaswamy Gummadi
- Rajendra P. Appalaneni
- A Kumar Suraneni
- Nilay Patel
- George Koshy
- Uday Nath
- Westbridge Capital US Adv
- Cognitio Analytics India Pvt Ltd
- J Ramaswamy
- Abhinav Sharma
- Kartik Kini
- Suresh Shanmugham
- Bhaskar Laxminarayan
- Pratik Kumar Singh
- Weikfield Foods Pvt Ltd
- Astha Jain
- Dev Raman
- Pankaj Seith
- Sambasivan
- Pardhasaradhi Viswanadha
- Dr. Daulat Ram Durga Devi Jain Charitable Trust
- Anish Khadiya



TEAM OGQ

At the Annual Training and Development Workshop
FY 2022-23.

OGQ Executive Committee



Viren Rasquinha
Managing Director & CEO



Yatin Bhatkar
Head - Olympic Athlete Management



Anukool Bharadwaj
Head - Paralympic Athlete Management



Neha Aggarwal
Head - Partnerships & Communication

MANAGEMENT TEAM:

NAME

Viren Rasquinha

DESIGNATION

Managing Director and CEO

OLYMPIC ATHLETE MANAGEMENT

1. Yatin Bhatkar	Head
2. Ashish Kochar	Head, Junior Athletes
3. Major Gaurav Singh	Team Leader, Cycling NCOE
4. Sourish Saha	Senior Manager
5. Anoushka Parikh	Manager
6. Chirag Shetty	Deputy Manager

PARALYMPIC ATHLETE MANAGEMENT

1. Anukool Bharadwaj	Head
2. Arnav Jain	Manager
3. Reshma Karthik	Manager

PARTNERSHIPS AND COMMUNICATION

1. Neha Aggarwal	Head
2. Shubhashish Phanse	Manager
3. Bhushan Malani	Deputy Manager

RESEARCH AND ANALYSIS

1. Vikrant Choudhary	Head
2. Manish Sharma	Manager

COACHES PROGRAM

1. Neha Pandit	Head
2. Anand Murali	Manager
3. Saumye Kacker	Manager
4. Viplove Abhyankar	Manager
5. Devanshi Parmar	Deputy Manager

ACCOUNTS

1. Siddique Shaikh	Head
2. Mohammad Arbaaz Bajya	Manager
3. Wasim Shah	Deputy Manager
4. Vinod Narsingkar	Office Assistant

ADMIN AND COMPLIANCE

1. Shweta Suratkal	Head
2. Trisha Panchal	Senior Manager
3. Darryl Pacheco	Manager
4. Priyanka Aher	Manager
5. Saif Ali Khan	Manager
6. Sagar Kundhadia	Deputy Manager

IT AND WEBSITE

1. Vivek Pathak	Head
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SPORTS SCIENCE TEAM:

WORKING ON-GROUND WITH ATHLETES ACROSS MULTIPLE LOCATIONS IN INDIA

NAME

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

DESIGNATION

- Team Leader, Senior Athletes
Team Leader, Junior Athletes
Team Leader, Para Athletes

PHYSIOTHERAPY

1. Abdul Wahid Shaikh
 2. Abhishek Wagh
 3. Pushkar Ganoo
 4. Siddharth Sakalle
 5. Sinam Deepika Devi
 6. Sumita Jain Mishra
 7. Sumya Jyoti Haldar
 8. Chinmay Bhide
 8. Aishwarya Deshpande
 9. Alok Kumar
 10. Ashwini Patil
 11. Bhushan Dahikar
 12. Dharamveer Yadav
 13. Mayank Alok
 14. Nisha Rawat
 15. P N Vineel Kumar
 16. Rahul L Solanki
 17. Rohit Chhabria
 18. Roma Joglekar
 19. Saloni Karnawat
 20. Sanchita Mukherjee
 21. Sayali Manjrekar
 22. Shubham Deshpande
 23. Sumit Tyagi
 24. Swapnil Bist
 25. Tasneem Nabil Zayyad
 26. Dhananjay Dubey
 27. Umang Agarwal
 28. Zeba
 29. Vidhya Kumari

STRENGTH & CONDITIONING

1. Mobbya Duyu
 2. Akshay Bhapkar
 3. Siddhant Shipurkar
 4. Chetna Mulchandani
 5. Kshitij Bhoite
 6. Lakshay Batra
 7. Vijendra Pal Singh
 8. Christopher Gallagher

- Senior S&C Trainer
Senior S&C Trainer
Senior S&C Trainer
S&C Trainer
S&C Trainer
S&C Trainer
S&C Trainer
Sports Scientist, S&C Trainer

SPORTS SCIENCE TEAM:

WORKING ON-GROUND WITH ATHLETES
ACROSS MULTIPLE LOCATIONS IN INDIA

NUTRITION:

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

MASSEUR:

1. Jaswinder Singh	Masseur
2. Ramkishan Bansiwal	Masseur
3. Reena Jose	Masseur
4. Yogesh Chavan	Masseur

MEDICAL SERVICES:

1. Poornima Raman Ngomdir	Head, Medical Services
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SPORTS SCIENCE TEAM | CONSULTANTS:

SPORTS PSYCHOLOGISTS

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

SPORTS MEDICINE SPECIALIST

- Dr. Joginder Sharma

SURGEON

- Dr. Abhay Nene
- Dr. Abhishek Kini
- Dr. Anant Joshi
- Dr. Deepak Bhatia
- Dr. Dinshaw Pardiwala
- Dr. Gaurav Bharadwaj
- Dr. Sanjay Desai
- Dr. Sudhir Warrier

GENERAL SURGEON

- Dr. Shashank Shah

ENDOCRINOLOGIST

- Dr. KVS Harikumar
- Dr. Gunjan Garg
- Dr. Sanjay Raina

NEUROLOGIST

- Dr. Manoj Somasekharan

RADIOLOGIST

- Dr. Vinay Guglani
- Dr. Aditya Dafftary
- Dr. Sriram Rajan
- Dr. Nafisa Shakir Batta

GYNAECOLOGIST

- Dr. Kiranjeet Kaur
- Dr. Birbala

DERMATOLOGIS

- Dr. Soni Gupta
- Dr. Sumit Sethi
- Dr. Rajiv Vij

CARDIOLOGIST

- Dr. Rituparna Shinde

OPHTHAMOLOGIST

- Dr. Sangeeta Wagh
- Dr. Sheetal Kishanpuriya

PULMONOLOGIST

- Dr. Neetu Jain



BENEFITS OF ASSOCIATION WITH OGQ

Following are the 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

TAX BENEFIT:

All donations to OGQ are 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.

DONATION DETAILS

For Donation in Indian Bank Account:

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:

'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

WEBSITE:

<http://ogq.org/donate-now.php>

For Donation in Indian Bank Account:

FOR NON-INDIAN PASSPORT HOLDERS (FCRA Donation):

RTGS/NEFT 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 | Branch Code: 00691

IFSC Code: SBIN0000691 | SWIFT Code: SBININBB104

For Donation in US Bank Account:

Our registered name is Foundation for Promotion of Sports and Games with 501(c)(3) non profit tax-exempt status. All donations are tax deductible to the full extent allowed by law.

CHEQUE:

Favouring "Foundation for Promotion of Sports and Games"

Cheque can be sent to:

15466 Los Gatos Blvd, Ste 109 - 333, Los Gatos, CA 95032

WIRE TRANSFER:

Please contact Neha Aggarwal on neha@ogq.org for wire transfer.

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



A program of Foundation for Promotion of Sports and Games

📍 401, 5th floor, Anand Building, Ambedkar Road, Bandra West, Mumbai - 400050

🌐 www.ogq.org

✉️ neha@ogq.org