



OGQ

**ANNUAL PERFORMANCE REPORT
2019-2020**

Foundation for Promotion of Sports and Games



OGQ

Foundation for Promotion
of Sports and Games

**ANNUAL
PERFORMANCE
REPORT
2019-2020**



AJEET SINGH

**BRONZE - PARA ATHLETICS
WORLD CHAMPIONSHIP 2019**



P.V. SINDHU

**GOLD - BADMINTON
WORLD CHAMPIONSHIP 2019**

CONTENTS OF THE BOOK

Board of Directors	01	Quota Winners for Tokyo Olympics 2021	89
Note from Geet Sethi and Viren Rasquinha	03	OGQ Coaches Excellence Program	91
OGQ Supporters	05	OGQ Support to Olympic Athletes	99
Timeline of OGQ	09	- Badminton	101
Sports Supported by OGQ	11	- Boxing	115
Break-up of Athletes	13	- Shooting	131
OGQ Areas of Support	15	- Wrestling	151
Summary of OGQ Spends	16	- Archery	165
Support to Paralympic Athletes (New Initiative)	17	- Additional Sports	183
OGQ Support to World Championship Medalists	57	OGQ Team	205
OGQ Junior Scholarship Program - Highlights	77	Donation Details	209
		Benefits of Association with OGQ	210

BOARD OF DIRECTORS

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 gold medals.



GEET SETHI

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



PRAKASH PADUKONE

All England Badminton Champion,
Co-founder of OGQ



SHITIN DESAI

Chairman,
Julius Baer Wealth Managers



R. RAMARAJ

Senior Advisor,
Elevor Equity



SAMEER KOTICHA

Chairman & Founder,
ASK Group



RAKESH KHANNA

Founding Partner,
Ambit RSM (Since Retired)



VISWANATHAN ANAND

8 Time World Chess Champion



NIRAJ BAJAJ

Director - Bajaj Group
Arjuna Awardee in Table Tennis



NEERAJ BHARADWAJ

Managing Director,
Carlyle India



MUKESH BANSAL

Technology Entrepreneur,
Co-founder Myntra & Curefit



SUNDAR MAHALINGAM

Chief Strategy Officer,
HCL



VIREN RASQUINHA

Former India Hockey Captain,
Olympian, CEO - OGQ

GEET SETHI

**Co-Founder & Director - Olympic Gold Quest,
9 time World Cue Sports Champion**

Dear Friends,

These are unusual times. Normally we write to you at this time to thank you for your support which aids OGQ in providing world class support systems for our athletes in preparing them for the Olympics.

The Tokyo Olympics has been deferred by exactly one year and whilst on behalf of the OGQ board, I wish to place on record your overwhelming support, this is also a time for introspection. I believe there will be a shift in the manner in which societies will interact with each other and that 'social distancing' may well become a norm for many many months if not years.

Our team has been brainstorming on and preparing strategies for the lifestyle and logistical changes and challenges which will be faced by our athletes in the run up to the Olympics - perhaps even at the Olympics.

Sporting excellence or the pursuit of it cannot stop but we also recognise that for the immediate future we all need to focus our energies on tackling the virus that has created so much fear and has disrupted the lives of the entire world.

With the backdrop of these unsettling times the words that come to mind are 'this too shall pass'.

Thank you again for being a part of OGQ.

Warm regards,



**WITH THE BACKDROP OF THESE
UNSETTLING TIMES THE WORDS THAT
COME TO MIND ARE 'THIS TOO SHALL
PASS'**

VIREN RASQUINHA

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

Dear Friends,

The impact of Covid-19 has resulted in the postponement of the 2020 Tokyo Olympic Games by exactly one year to 23rd July 2021. Given what was at stake - the safety of players, officials and spectators - this was an inevitable and correct decision by the International Olympic Committee (IOC). During the lockdown, OGQ focused on a few areas where we felt we could make an impact.

- **Motivation** - Continuous mentoring of athletes to keep motivation levels high. Our sports psychologists conducted multiple individual and group sessions for our athletes. It has been very tough for the athletes to stay focused without regular training and competition.

- **Fitness** - For elite level athletes, especially in physical sports like boxing, badminton, wrestling and weightlifting, every one week of training lost, results in a rapid drop in fitness and it can easily take up to one month to regain those fitness levels. OGQ ensured that fitness levels were maintained by conducting

regular online supervised training sessions by our strength and conditioning trainers, physiotherapists and nutritionists.

- **Equipment** - To overcome the challenge of no access to gyms and training centres, OGQ provided training equipment at home like treadmills, exercise bikes and gym equipment especially to the priority athletes preparing for the Tokyo Olympics.

Last year, OGQ started a new initiative to **support Paralympic athletes**. We have made a humble start by supporting 24 Paralympic athletes. Their courage, dedication and drive towards their Paralympic medal dream inspires us even more, every single day.

Since the easing of the lockdown restrictions, the training of the athletes is now gradually reaching pre-lockdown levels. The likes of Mary Kom, P.V. Sindhu and Paralympic double Gold medallist Devendra Jhajharia are looking to add to their Olympic medal collection. Wrestler Vinesh Phogat, weightlifter Mirabai Chanu and shooter Apurvi Chandela will endeavour to win the only medal missing from their kitty after winning a plethora of international medals over the last four years. We are delighted to witness the emergence of young athletes like Ravi Kumar and Deepak Punia in Wrestling, Saurabh Chaudhary and Manu Bhaker in Shooting, Amit Panghal in Boxing and Krishna Nagar in Para Badminton who will all be making their Olympic debuts.

The year ahead will undoubtedly be a very tough one. Surely our nation will do all it can to be right there at the top in all fields. Given OGQ's commitment to excellence, integrity and pioneering spirit, with your support, we will endeavour to make India proud at the Olympics in 2021.

Warm regards,



RS 1 CRORE

& ABOVE

Jamnalal Bajaj Foundation

Fortress Welfare Foundation
(Sameer Koticha)

HCL Corporation Ltd

Neeraj-Sunisha Arora Foundation

Nippon Life India Asset Management Ltd

Avenue Supermarts Limited

HDFC Bank Ltd

HDFC Securities Ltd

HT Parekh Foundation

Bajaj Allianz Life Insurance

RS 50 LAKHS

& ABOVE

Novartis Healthcare Pvt Ltd

Rakesh Jhunjhunwala Foundation

Edelgive Foundation

ENAM Financial Consultants Pvt Ltd

JM Financial Foundation

Sanghvi Finance Pvt Ltd

HDFC Asset Management Co Ltd

Aventus Finance Pvt Ltd

Sumir Chadha

Hexaware Technologies Ltd

Sequoia Capital India Advisors Pvt Ltd

THANK YOU

TO ALL OUR SUPPORTERS

We are really grateful to each and every supporter of OGQ who contributed in the year 2019-20, many of whom have been our long term supporters.

It is your backing that helps athletes supported by OGQ in their quest to win Olympic medals for India.

RS 25 LAKHS

& ABOVE

Shailendra Singh

Kotak Mahindra Bank Ltd

SBI Funds Management Pvt Ltd

Godrej Consumer Products Ltd

Macquarie Capital Securities (India) Pvt Ltd

A.T.E. Chandra Foundation

Parle Products Pvt Ltd

Great Eastern CSR Foundation

Nocil Limited

TVS Motor Company Ltd

Aditya Vikram Birla Memorial Trust

Netmagic Solutions Pvt Ltd

Binny Bansal

Hema & Ashok Hattangady

RS 15 LAKHS

& ABOVE

Mukesh Bansal

Anu Hariharan and Ram Parameswaran

Pankaj Chaddah

Ashish Kacholia

IKS Health Pvt Ltd

Bhaskar Sunkara

Rialto Enterprises Pvt Ltd

Citrix Systems India Pvt Ltd

Navin Fluorine International Ltd

DSP Investment Managers Pvt Ltd

DMI Finance Pvt Ltd

Gaja Corporate Advisors Pvt Ltd

Red Bull India Pvt Ltd

Brain Point Investment Center Pvt Ltd

Accel Partners India LLP

Amar Tea Pvt Ltd

Harit Talwar

Anshu Goyal

RS 5 LAKHS & ABOVE

Ajanta Pharma Ltd	Valuequest Investment Advisors Pvt Ltd
ARS Steels And Alloy	Mohandas and Padmasree Warrior
CAMS Investor Services Pvt Ltd	Dinesh Chandra Agarwal
Jaimin Bhatt	Suresh Goyal
Mohit Bhatnagar	GeeCee Ventures Ltd
Pramadwathi Jandhyala	Soujanya Color Pvt Ltd
Rungta Mines Ltd	Abhay Aima
Lakshmi Narayanan	Luis Miranda
Kiran Vyapar Ltd	Marketboats Consulting Pvt Ltd
F2 Fun and Fitness India Pvt Ltd	Kunjal Investments Pvt Ltd
Vassudeva Dempo Family Pvt Trust	Deepak Premnarayen
Shardaben Chimanbhai Charity Trust	Diamour Inc
Navneet Foundation	MR Rangaswami
Srivatsan Rajan	Chitra Talwar
AAK Kamani Pvt Ltd	Anil Godhwani
Alchemy Capital Management Pvt Ltd	Aditya Agarwal

RS 50 THOUSAND & ABOVE

Uday Nath	CDPQ India Pvt Ltd	Chinmay Deo
BV Jagadeesh	Mukul Arora	Ramnath Balasubramanian
Raju Reddy	Chiratae Ventures	Ranjan Tandon
Western Consolidated Pvt Ltd	Pearl Enterprises	Dinyar Devitre
East India Holdings Pvt Ltd	Sakshi Chopra	Vishal Bhagwati
Unmesh Sharma	Sumit Rajpal	Manik Gupta
Gaurav Agarwal	Sanjeev Aggarwal	Prashant Agarwal
Helion Advisors Pvt Ltd	Mufaddal Cementwala	Kim Sharan
Vinati Kastia	B.N. Bhagwat	Abhishek Verma
Sportz Interactive Pvt Ltd	HT Kanabar Higher Education Trust	Sandeep Pannu
Trident Automobiles Pvt Ltd	Hamid Abbas Moochhala	Aditya Nair
UK Online Giving Foundation	Anuj Magazine	Inclusive Endowment Foundation
Nasscom Foundation	Salil Pitale	Sugata Das
Ashish Gumashta	Yourcause LLC	George Koshy
Manas Saikia Foundation	Daulat Ram Durga Devi Jain Charitable Trust	
Meena & K. Ganesh	Kirit J Maganlal	

ATHLETES SUPPORTED BY OGQ

A GLIMPSE OF TOTAL NUMBER OF ATHLETES THAT OGQ
HAS SUPPORTED **OVER THE LAST 12 YEARS**

1

5

15

25

34

46

55

65

77

103

153

180

214

AND A
GROWING
FAMILY

2007-08

2008-09

2009-10

2010-11

2011-12

2012-13

2013-14

2014-15

2015-16

2016-17

2017-18

2018-19

2019-20

First athlete supported
by OGQ
GAGAN NARANG

London Olympics 2012:
Silver – Vijay Kumar
Bronze – Gagan Narang
Bronze – Mary Kom
Bronze – Saina Nehwal

OGQ begins support to
Junior Scholarship Program

Rio Olympics 2016:
Silver – P.V. Sindhu

Launch of OGQ Coaches
Excellence Program

OGQ begins support
to Paralympic Athletes

OLYMPIC SPORTS

OGQ supports athletes in 9 OLYMPIC SPORTS



PARALYMPIC SPORTS

OGQ supports athletes in 4 PARALYMPIC SPORTS

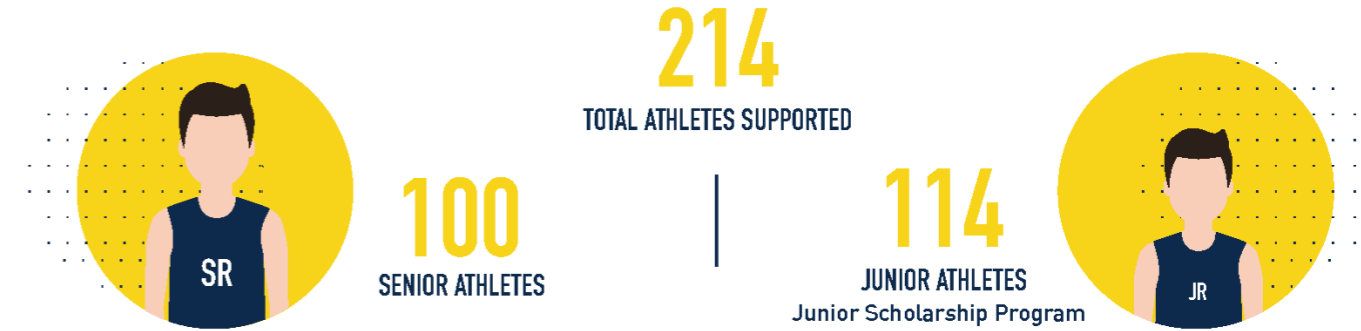


ATHLETE BREAK-UP



11	Archery	23
9	Badminton	18
15	Boxing	18
22	Shooting	45
10	Wrestling	11
1	Weightlifting	0
1	Swimming	0
2	Table Tennis	0
1	Athletics	3
0	Para Archery	3
1	Para Athletics	10
2	Para Badminton	5
0	Para Shooting	3

ATHLETE BREAK-UP



14	Archery	20
12	Badminton	15
15	Boxing	18
23	Shooting	44
10	Wrestling	11
1	Weightlifting	0
1	Swimming	0
1	Table Tennis	1
2	Athletics	2
3	Para Archery	0
9	Para Athletics	2
6	Para Badminton	1
3	Para Shooting	0

OGQ SUPPORT TO ATHLETES

OGQ MAJOR SUPPORT IS IN THE FOLLOWING AREAS:



WORLD CLASS EQUIPMENT



EXPERT COACHING



SPORTS SCIENCE



FOREIGN TRAINING



DOMESTIC & INTERNATIONAL TRAVEL
FOR TRAINING AND TOURNAMENTS

SUMMARY OF TOTAL SPENDS

SENIOR OLYMPIC ATHLETES

JUNIOR SCHOLARSHIP PROGRAM

PARALYMPIC ATHLETES

COACHES EXCELLENCE PROGRAM

RESEARCH, SOFTWARE & DEVELOPMENT



Swaroop Unhalkar - Para Shooter

NEW INITIATIVE

PARALYMPIC



Ajeet Singh - Para Athletics (Javelin Throw)

SPORTS

OGQ started supporting Paralympic Sports from 5th October, 2019



Devendra Jhajharia - 2x Paralympic Gold Medal
Para Athletics (Javelin Throw)



Prem Kumar Ale - Para Badminton

OGQ SUPPORT PARALYMPICS

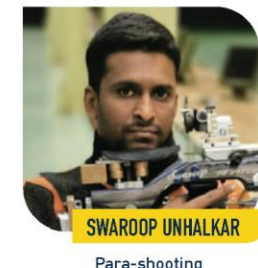
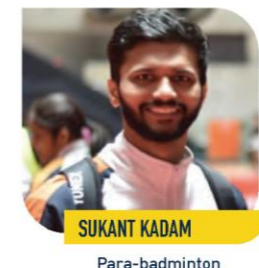
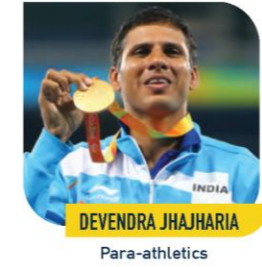
Encouraged by the wonderful support that we continue receiving from you, OGQ decided to start support to Para athletes, as they not only have the potential to participate but also make the country proud at the Paralympic Games.

We started the new initiative based on the following reasonings:

1. OGQ team now has the bandwidth to support athletes training for both the Olympics and Paralympics with equal effort
2. OGQ can make a big impact in their training & preparation with our experience in sports
3. Paralympic medal is treated at par with Olympic medal
4. Para athletes currently receive very limited support
5. Our belief is that Indian Para athletes have the potential to win several medals at the Paralympics

OGQ started support to Paralympic athletes on 5th October, 2019

WE ARE PROUD TO SUPPORT
24 PARA ATHLETES IN 4 INDIVIDUAL SPORTS



11 PARA ATHLETES (TRACK & FIELD)

Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO

PARA ATHLETICS

(TRACK & FIELD)



Javelin Thrower Ajeet Singh in a physical training session with OGQ Sports Science team members Amey Kotekar and Abhishek Wagh in Pune



Discus Thrower Ajit Panchal in a physical training session in Palanpur, Gujarat



Coach Sunil Tanwar, 2x Paralympic Gold Medalist Devendra Jhajharia & Viren Rasquinha in Gandhinagar



OGQ team visits Shot Putter Rana Soman at Army Sports Institute, Pune



OGQ Physiotherapist Sumita Jain treating Yogesh Kathuniya (Discus Throw) at JLN Stadium, New Delhi



Discus Thrower Yogesh Kathuniya training at JLN Stadium, New Delhi



Para Athletics Coach Dr. Satyapal Singh training club thrower Kashish Lakra at JLN Stadium



High Jumper Praveen Kumar in action at Para Athletics World Championship in Dubai, 2019



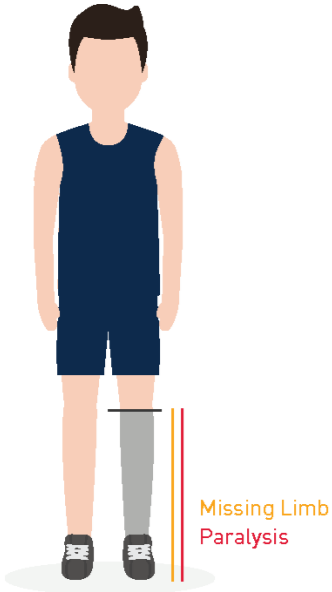
High jumper Nishad Kumar in action at Para Athletics World Championship in Dubai, 2019. His participation was entirely funded by OGQ.



Shot putter Rana Soman being treated by OGQ physiotherapist Chinmay Bhide

CLASSIFICATION PARA ATHLETICS

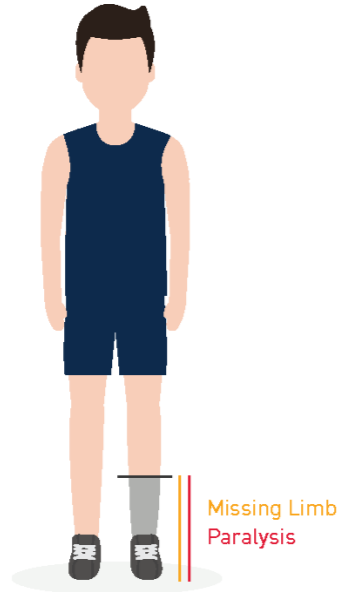
T/F 42 Single Above-knee



Participating Para-Athlete
MARIYAPPAN THANGAVELU
High Jump – T42

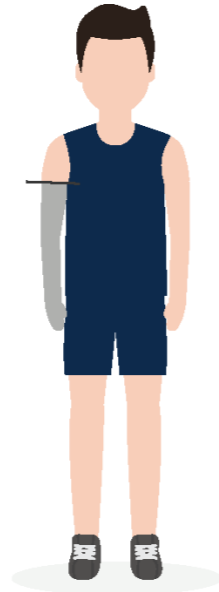
RAMSINGHBHAI GOVINDBHAI
High Jump – T42

T/F 44 Single Below-knee



Participating Para-Athlete
PRAVEEN KUMAR
High Jump – T44

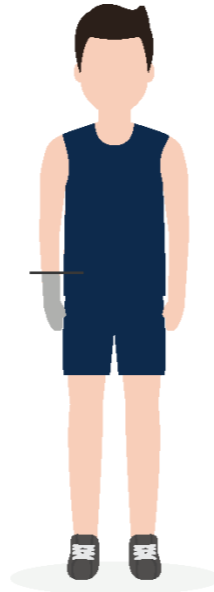
T/F 46 Single Above-elbow Amputation



Participating Para-Athlete
DEVENDRA JHAJHARIA
Javelin Throw – F46

AJEET SINGH
Javelin Throw – F46

T/F 47 Single Below-elbow Amputation



Participating Para-Athlete
NISHAD KUMAR
High Jump – T47

T : Track Events F : Field Event



Impairment Severity Scale:
■ Unaffected ■ Mild ■ Moderate ■ Severe ■ Nonfunctional

T/F 51 



Participating Para-Athlete
KASHISH LAKRA
Club Throw – F51

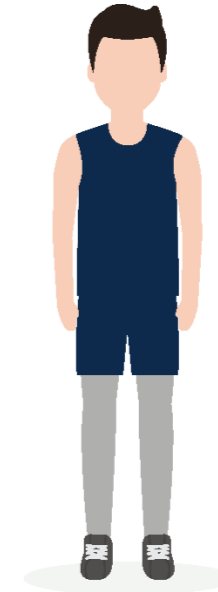
T/F 52 



Participating Para-Athlete
AJIT PANCHAL
Discus Throw – F52

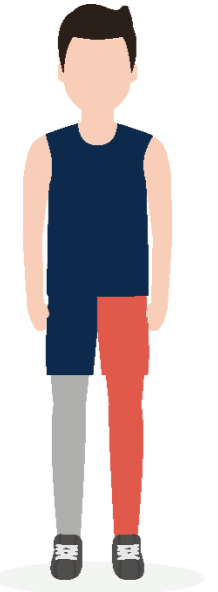
VINOD KUMAR
Discus Throw – F52

T/F 56 



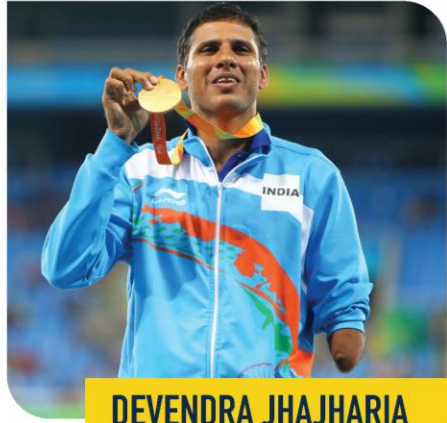
Participating Para-Athlete
YOGESH KATHUNIYA
Discus Throw – F56

T/F 57 



Participating Para-Athlete
RANA SOMAN
Shot Put – F57

PARA ATHLETICS



DEVENDRA JHAJHARIA

AGE: 38 years

EVENT: Javelin Throw (F46)

HOMETOWN: Churu, Rajasthan

TRAINS AT: SAI Centre, Gandhinagar

PERFORMANCE HIGHLIGHTS:

Gold – Athens Paralympics, 2004

Gold – Rio Paralympics, 2016

OGQ SUPPORT:

Javelin & training equipment

Personal training in Gandhinagar

Personal physiotherapist fees

Domestic training expense

Sports science & medical support

Sports kit & stipend



MARIYAPPAN THANGAVELU

AGE: 24 years

EVENT: High Jump (T42)

HOMETOWN: Salem, Tamil Nadu

TRAINS AT: SAI Centre, Bengaluru

PERFORMANCE HIGHLIGHTS:

Gold – Rio Paralympics, 2016

OGQ SUPPORT:

High jump bed & spikes

Domestic training expense

Sports kit & stipend

Sports science & medical support

International training expense

Physiotherapy & gym fees

PARA ATHLETICS



AJIT PANCHAL

AGE: 27 years

EVENT: Discus Throw (F52)

HOMETOWN: Palanpur, Gujarat

TRAINS AT: Palanpur, Gujarat

PERFORMANCE HIGHLIGHTS:

5th - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

Domestic training expense

Fitness equipment & discus

Sports science & medical support

Sports kit & stipend



AJJEET SINGH

AGE: 26 years

EVENT: Javelin Throw (F46)

HOMETOWN: Etawah, Uttar Pradesh

TRAINS AT: LNIPE, Gwalior

PERFORMANCE HIGHLIGHTS:

Bronze - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

Training & fitness equipment

Customized elbow prosthesis

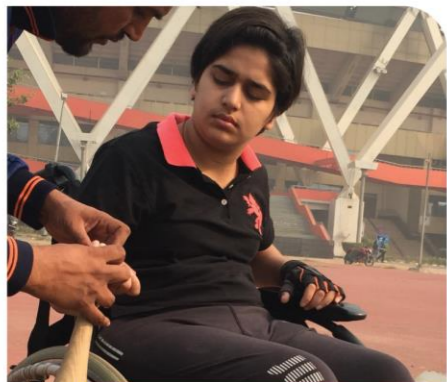
Stipend & sports kit

International training expense

Domestic training expense

Sports science & medical support

PARA ATHLETICS



KASHISH LAKRA

AGE: 16 years

EVENT: Club Throw (F51)

HOMETOWN: New Delhi

TRAINS AT: Jawaharlal Nehru Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

5th - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

Personal coach

Sports kit & stipend

Sports science & medical support

Domestic training expense

Equipment

International training expense

PARA ATHLETICS



PRAVEEN KUMAR

AGE: 17 years

EVENT: High Jump (T44)

HOMETOWN: Jewar, Uttar Pradesh

TRAINS AT: Jawaharlal Nehru Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

4th - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

Personal coach

Domestic training expense

Sports kit & stipend

Equipment

Sports science & medical support

International training expense



NISHAD KUMAR

AGE: 20 years

EVENT: High Jump (T42)

HOMETOWN: Una, Himachal Pradesh

TRAINS AT: SAI Centre, Bengaluru

PERFORMANCE HIGHLIGHTS:

Bronze - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

Domestic training expense

High jump shoes & sports kit

Sports science & medical support

World Championship participation*

Stipend

Physiotherapy & gym fees

*in Dubai



RAMSINGHBHAI GOVINDBHAI

AGE: 22 years

EVENT: High Jump (T42)

HOMETOWN: Anand, Gujarat

TRAINS AT: SAI Centre, Gandhinagar

PERFORMANCE HIGHLIGHTS:

5th - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

High jump shoes & training kit

Sports science & medical support

Domestic training expense

Stipend

PARA ATHLETICS



RANA SOMAN

AGE: 36 years

EVENT: Shot Put (F57)

HOMETOWN: Syangja Waling, Nepal

TRAINS AT: AFMC, Pune

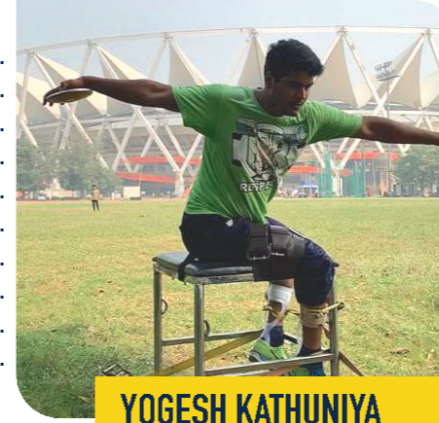
PERFORMANCE HIGHLIGHTS:

7th - Para Athletics World Championship, Dubai, 2019

OGQ SUPPORT:

- Sports kit & stipend
- Domestic training expense
- Sports science & medical support

PARA ATHLETICS



YOGESH KATHUNIYA

AGE: 22 years

EVENT: Discus Throw (F56)

HOMETOWN: Bahadurgarh, Haryana

TRAINS AT: Jawaharlal Nehru Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

Bronze - Para Athletics World Championship, Dubai, 2019*

*OGQ started support after the tournament

OGQ SUPPORT:

- International training expense
- Fitness equipment & discus
- Sports kit & stipend
- Domestic training expense
- Sports science & medical support

7 PARA BADMINTON PLAYERS

Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO

PARA BADMINTON



OGQ Team visits Babu Banarasi Das Badminton Academy in Lucknow to meet Para Badminton players



OGQ nutritionist Tajinder Kaur conducting a session for Para Badminton players in Lucknow



Poornima Raman (OGQ Sports Science Head) treating Sukant Kadam in Lucknow



Prem Kumar Ale in action at Thailand International, 2019



[L-R): Sukant Kadam, Palak Kohli, Coach Gaurav Khanna, Krishna Nagar, Chirag Baretha at Para Badminton Japan International, 2019

CLASSIFICATION PARA BADMINTON

WH1 Wheelchair
Severe impairment

Participating Para-Athlete
PREM KUMAR ALE

WH2 Wheelchair
Minor impairment

Participating Para-Athlete
ABU HUBAIDA

SL3 Standing
Lower limb impairment
Minor

Participating Para-Athlete
MANASI JOSHI*

*Discontinued Support

SL4 Standing
Lower limb impairment
Severe

Participating Para-Athlete
SUKANT KADAM

SU5 Standing
Upper limb impairment

Participating Para-Athlete
CHIRAG BARETHA
PALAK KOHLI

SH6 Standing
Short stature

Participating Para-Athlete
KRISHNA NAGAR

PARA BADMINTON



KRISHNA NAGAR

AGE: 20 years

EVENT: Men's Singles - SH6

HOMETOWN: Jaipur, Rajasthan

TRAINS AT: Babu Banarasi Das Badminton Academy, Lucknow

PERFORMANCE HIGHLIGHTS:

World Rank: 2

Winner – Peru International 2020

Winner – Japan International 2019

OGQ SUPPORT:

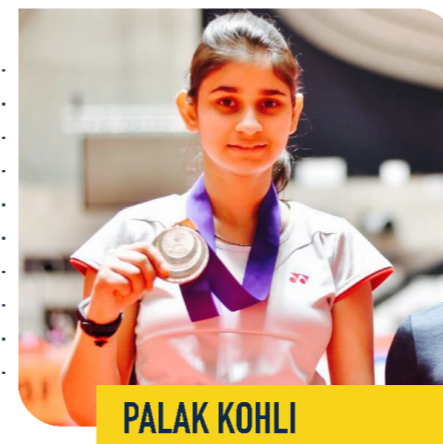
Training & tournament in Japan & Denmark

Training equipment

Domestic training expense

Sports kit & stipend

Sports science & medical support



PALAK KOHLI

AGE: 17 years

EVENT: Women's Singles - SU5
Women's Doubles SL3-SU5

HOMETOWN: Jalandhar, Punjab

TRAINS AT: Babu Banarasi Das Badminton Academy, Lucknow

PERFORMANCE HIGHLIGHTS:

World Rank: 5

Runner Up – Peru International 2020

OGQ SUPPORT:

Training & tournament in Denmark, Japan, Brazil, Peru

Domestic training expense

Training equipment

Sports kit & stipend

Sports science & medical support

PARA BADMINTON



CHIRAG BARETHA

AGE: 22 years

EVENT: Men's Singles - SU5

HOMETOWN: Kashipur, Uttarakhand

TRAINS AT: Babu Banarasi Das Badminton Academy, Lucknow

PERFORMANCE HIGHLIGHTS:

World Rank: 10

Quarters – Peru International 2020

OGQ SUPPORT:

Training & tournament in Denmark, Japan, Brazil, Peru

Training equipment

Domestic training expense

Sports kit & stipend

Sports science & medical support



SUKANT KADAM

AGE: 26 years

EVENT: Men's Singles - SL4

HOMETOWN: Sangli, Maharashtra

TRAINS AT: Babu Banarasi Das Badminton Academy, Lucknow

PERFORMANCE HIGHLIGHTS:

World Rank: 5

Runner Up – Peru International 2020

OGQ SUPPORT:

Training equipment

Domestic training expense

Sports kit & stipend

Sports science & medical support

Sports psychologist

International training expense

PARA BADMINTON



ABU HUBAIDA

AGE: 25 years

EVENT: Men's Doubles WH1-WH2

HOMETOWN: Lucknow, Uttar Pradesh

TRAINS AT: Babu Banarasi Das Badminton Academy, Lucknow

PERFORMANCE HIGHLIGHTS:

World Rank: 10

Quarters - Brazil International 2020

OGQ SUPPORT:

Wheelchair & training equipment

Training & tournament (Brazil, Peru)

Domestic training expense

Sports kit & stipend

Sports science & medical support



PREM KUMAR ALE

AGE: 32 years

EVENT: Men's Doubles WH1-WH2

HOMETOWN: Pune, Maharashtra

TRAINS AT: Babu Banarasi Das Badminton Academy, Lucknow

PERFORMANCE HIGHLIGHTS:

World Rank: 15

Quarters - Brazil International 2020

OGQ SUPPORT:

Training & tournament (Brazil, Peru)

Wheelchair parts & training equipment

Domestic training expense

Sports kit & stipend

Sports science & medical support

3 PARA ARCHERS

Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO
PARA ARCHERY

PARALYMPICS



OGQ Team visits Para Archers (in red) Harvinder Singh, Vivek Chikara, Shyam Sundar at SAI Centre, Rohtak



Para archer Harvinder Singh training at his residence in Kaithal, Haryana

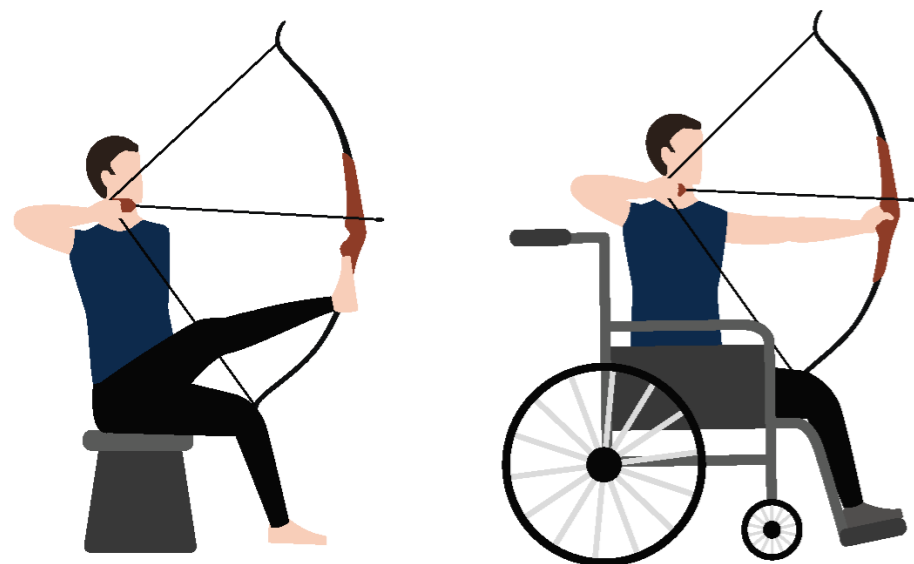


Recurve archer Harvinder Singh being treated by OGQ Physiotherapist Abdul Wahid in Rohtak



Recurve Men's Team In action at Para Archery World Championship, Netherlands, 2019

CLASSIFICATION **PARA ARCHERY**



OPEN RECURVE | COMPOUND

Currently OGQ supports archers in the Open category.

Here athletes may have impairment in the legs and use a wheelchair or have a balance impairment and shoot standing or resting on a stool.

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

PARA **ARCHERY**



HARVINDER SINGH

AGE: 29 years

EVENT: Recurve Open

HOMETOWN: Kaithal, Haryana

TRAINS AT: Punjabi University, Patiala

PERFORMANCE HIGHLIGHTS:

Bronze (Men's Team) - Asian Championship, Bangkok, 2019

OGQ SUPPORT:

- Archery equipment
- Domestic training expense
- International training & competition
- Sports kit & stipend
- Fees for personal coach
- Sports Science & medical support



SHYAM SUNDAR SWAMI

AGE: 22 years

EVENT: Compound Open

HOMETOWN: Bikaner, Rajasthan

TRAINS AT: Sai Centre, Rohtak

PERFORMANCE HIGHLIGHTS:

Bronze (Men's Team) - Asian Championship, Bangkok, 2019

OGQ SUPPORT:

- Archery equipment
- Personalized training camp
- Stipend
- Domestic training expense

PARA ARCHERY



AGE: 28 years

EVENT: Recurve Open

HOMETOWN: Meerut, Uttar Pradesh

TRAINS AT: SAI Centre, Sonapat

PERFORMANCE HIGHLIGHTS:

Gold - Asian Championship, Bangkok, 2019

Bronze (Men's Team) - Asian Championship, Bangkok, 2019

OGQ SUPPORT:

World class archery equipment

International training & competition

Domestic training expense

Sports kit & stipend

Sports science & medical support

KNOW YOUR ATHLETE

DEVENDRA JHAJHARIA'S left arm had to be amputated when he was electrocuted by a live wire of 11,000 volts, when he was eight years old.

Owing to financial constraints, Devendra practised with a home-made javelin in the beginning.

Devendra Jhajharia set a new world record and subsequently won the Gold medal in the Summer Paralympic Games in Athens in the year 2004.

At the Rio Paralympics 2016, he broke his own record and clinched yet another Gold medal. **His World Record has not been broken by any athlete till date.**



3 PARA SHOOTERS
Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO
PARA SHOOTING



Singhraj Adhana at his 10m Pistol home range in Ballabgarh, Faridabad



Swaroop Unhalkar in a training session at Gun For Glory Academy, Pune



Para shooter Swaroop Unhalkar with Yatin Bhatkar (OGQ) and Pawan Singh (Gun For Glory) in Pune



Singhraj Adhana (centre) with his Bronze Medal (Men's Team) at Para Shooting World Championship 2019, Sydney



Sidhartha Babu training with expert coaches Heinz Reinkemeier and Gabby Buhlmann in Germany. OGQ funded the entire training stint.



CLASSIFICATION PARA SHOOTING

RIFLE



SH1 Lower Limb Impairment

Participating Para-Shooters
SIDHARTHA BABU
SWAROOP UNHALKAR



SH2 Upper Limb Impairment

PISTOL



SH1 Both lower and upper limb impairment can compete

Participating Para-Shooters
SINGHRAJ ADHANA

PARA SHOOTING



SINGHRAJ ADHANA

AGE: 37 years

EVENT: Pistol P1, P4

HOMETOWN: Bahadurgadh, Haryana

TRAINS AT: Dr. Karni Singh Shooting Range, Delhi

PERFORMANCE HIGHLIGHTS:

Bronze - Men's Team, World Championship, Sydney

OGQ SUPPORT:

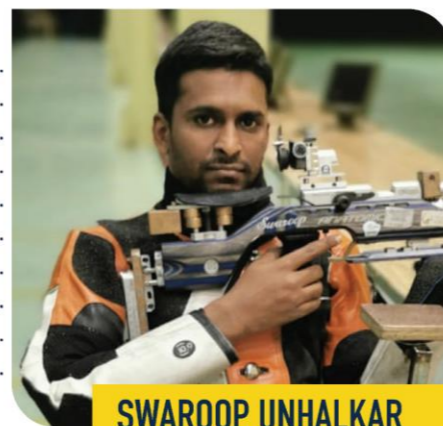
Air Pistol, scatt, accessories

Coaching fees

Sports kit & stipend

Domestic expense

Sports science & medical support



SWAROOP UNHALKAR

AGE: 32 years

EVENT: Rifle R1

HOMETOWN: Kolhapur, Maharashtra

TRAINS AT: Gun For Glory, Pune

PERFORMANCE HIGHLIGHTS:

Silver - 10m Prone Mixed Senior, National Championship 2019, Bhopal

OGQ SUPPORT:

Shooting equipment & accessories

Domestic expense

LG 400 air rifle

Stipend

International expense

Sports science & medical support

PARA SHOOTING



SIDHARTHA BABU

AGE: 40 years

EVENT: Rifle R3, R6

HOMETOWN: Thiruvananthapuram, Kerala

TRAINS AT: SAI Centre, Bengaluru

PERFORMANCE HIGHLIGHTS:

Gold - National Championship, New Delhi, 2019

OGQ SUPPORT:

Training camp in Germany with world renowned coach

Sports kit

*OGQ started supporting Sidhartha Babu from January 2020

TESTIMONIALS



It is an honour to wear the Indian jersey and win medal for the country. I am going to give my 100% at the Tokyo Paralympics next year

and I am thankful to OGQ for giving me the best sports science support and equipments to help me train at a very high level.

- Ajeet Singh (Para Athletics)



My happiest moment was winning a Gold medal at the 2018 Para Asian Games in Indonesia. Now my dream is to win a Gold at the Tokyo Paralympics in 2021 and make my country proud.

I am thankful to OGQ for providing me archery equipment, target and gym & fitness equipment during this lockdown phase which allowed me to continue training smoothly at home.

- Harvinder Singh (Para Archery)



GAURAV KHANNA
@GauravParaCoach

I had been struggling in advocating sponsors to support wheelchair Para Bad. athletes but in VAIN.

Thanks @OGQ_India for trusting me and supporting @abu_hubaida @PremKumarAle1

Also accept my gratitude for supporting @palakkohli2002 @Krishna54728135 @chirag981 @sukant9993



OGQ supported me at the right time in October 2019 and funded my entire trip for Denmark and Japan Open

Para Badminton Tournaments which helped me retain my World No.2 Ranking and kept me in the race to qualify for the Tokyo Paralympics. OGQ has also been supporting me with training facilities and medical and nutritional requirements. I am determined to win a medal for India at the Paralympics.

- Krishna Nagar (Para Badminton)

OGQ SUPPORT TO

WORLD CHAMPIONSHIP MEDALISTS



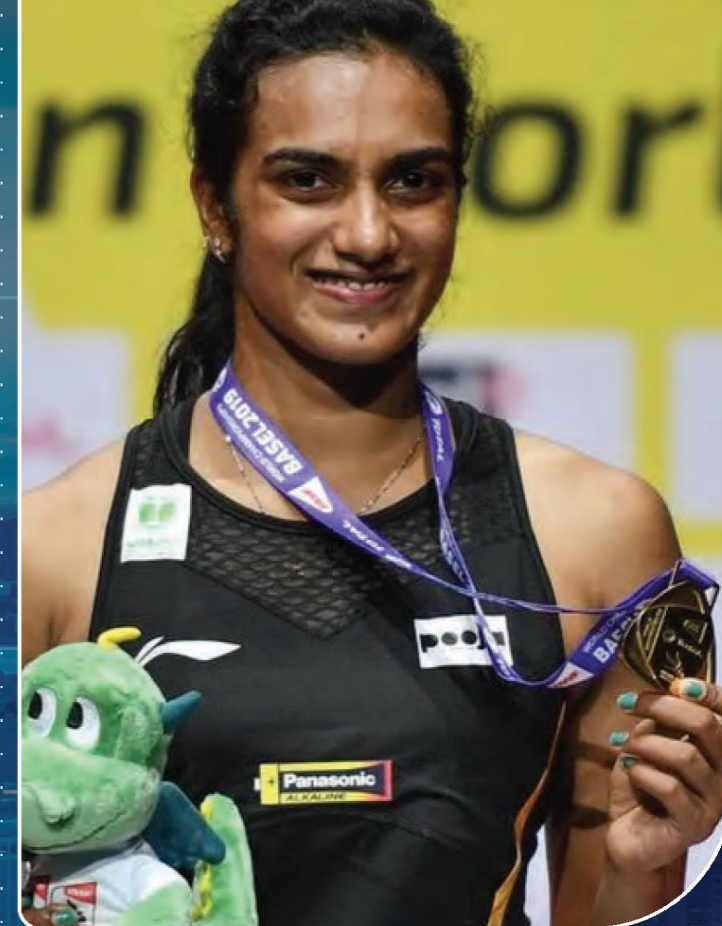
Amit Panghal - Boxing



Mary Kom - Boxing



Vinesh Phogat - Wrestling



P.V. Sindhu - Badminton



WINNER

Event: Women's Singles

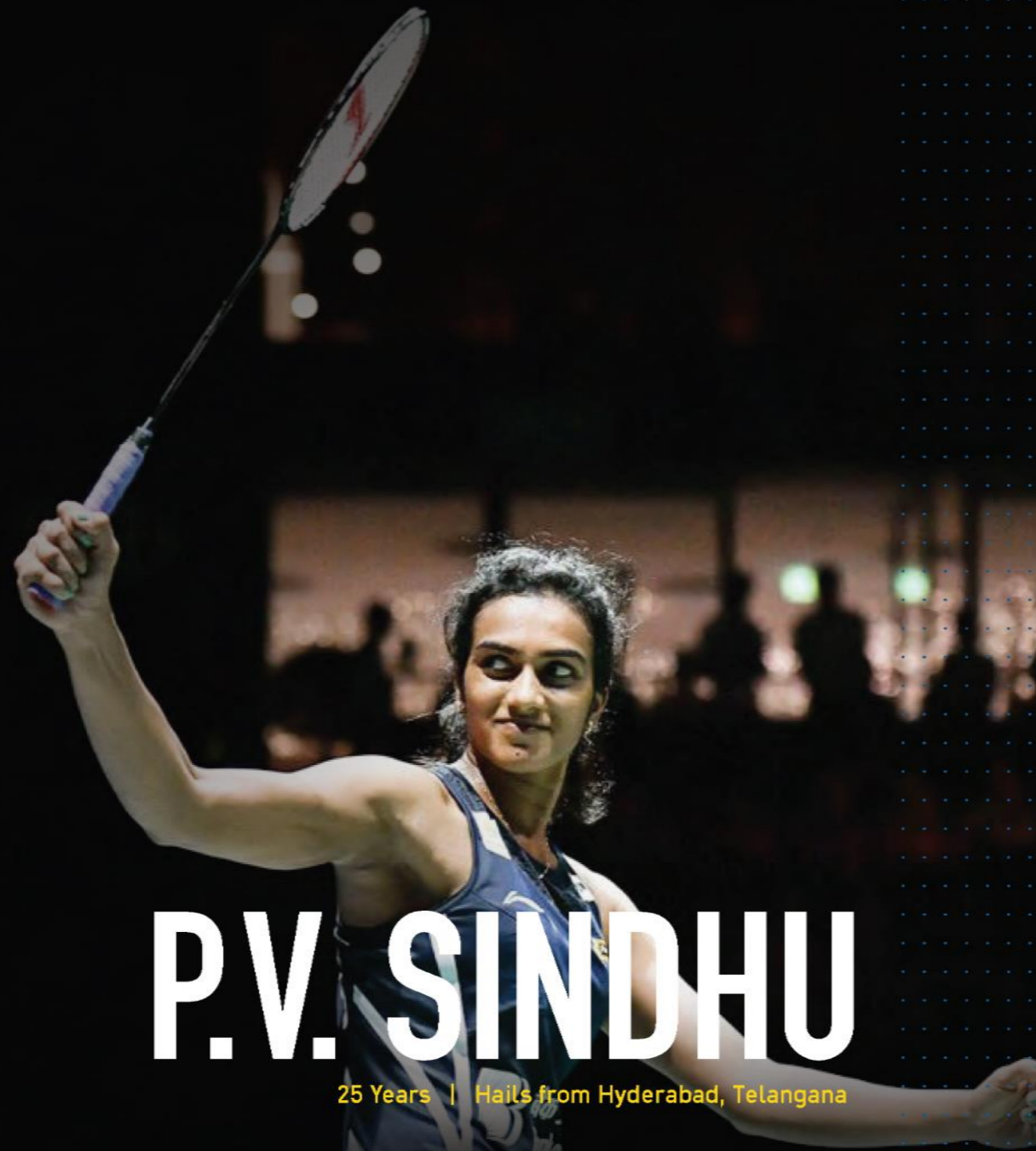
BWF World Badminton Championship 2019
(Switzerland)

INDIA'S FIRST BADMINTON WORLD CHAMPION

PV Sindhu scripts history, becomes the first Indian ever to become Badminton World Champion on 25th August 2019

P.V. SINDHU

25 Years | Hails from Hyderabad, Telangana



OGQ SUPPORT

International tournaments*

Sports science support

Domestic training expenses

Assistant coach & sparring partner

Recovery machine

*Tournaments in China, Denmark, Korea, Switzerland, Japan, Singapore, Indonesia

OGQ has been supporting P.V. Sindhu **since 2010**

OGQ has been supporting P.V. Sindhu since 2010.

Over the last 10 years, OGQ has been supporting P.V. Sindhu with coaching, injury rehabilitation, physiotherapy, nutrition, physical training and travel for domestic as well as international tournaments.



P.V. Sindhu in action at the Badminton World Championship 2019, Switzerland



BRONZE

Event: 51 Kgs

AIBA Women's World Boxing Championship 2019
[Russia]

6-TIME WORLD CHAMPION

Mary Kom is one of the most decorated boxers in the world with 8 World Championship medals [6 Gold, 1 Silver, 1 Bronze] and Olympic Bronze Medal [London 2012]. Her latest Bronze medal win at the 2019 World Championship also secured her a quota for the Tokyo Olympics 2021.

M.C. MARY KOM

37 Years | Hails from Kangathei village, Manipur

OGQ SUPPORT

Sports science & medical support

Domestic training

Personal physiotherapist's travel*

Personal Coach

Medical supplements & sports kit

Training equipment

*For all International competitions

OGQ has been supporting Mary Kom since 2010



There will be ups and downs, you may win some and lose some but the key is to keep going and you will realise your dreams if you work hard and have the willpower.

– M.C. Mary Kom



Mary Kom in a physical training session in Russia



SILVER

Event: 51 Kgs

AIBA World Boxing Championship 2019 (Russia)

AMIT PANGHAL SCRIPTED HISTORY

He became the first Indian male Boxer to win a Silver at the World Boxing Championship. With this win, he also secured a quota for the Tokyo Olympics 2021.

AMIT PANGHAL

24 Years | Hails from Mayna village, Haryana



OGQ SUPPORT

Domestic training

Monthly stipend and kit

Sports science & medical support

Personal Coach

International travel

Training and fitness equipment

OGQ has been supporting Amit Panghal since 2018



When Amit boxes, he makes himself as small as he can. He's never coming straight at you and he's always moving and coming from different angles. He makes himself as small a target as possible and is just so difficult to catch.

- Chief National Coach Santiago Nieva on Amit's height as he is relatively shorter than his opponents in his 52 kgs weight category



Boxer Amit Panghal becomes World Rank 1 in 52 Kgs weight category. (Ranking released by AIBA in September 2020)



BRONZE

Event: 69 Kgs

AIBA Women's World Boxing Championship 2019
[Russia]

2-TIME WORLD CHAMPIONSHIP MEDALIST

At just 13, Lovlina took up Muay Thai. Like so many successful sportspersons, she first drew her sporting inspiration from her elder siblings Licha and Lima, both of whom boxed at the national level. Pugilist Lovlina is just getting started, and has already won two bronze medals at the World Championships 2018 and 2019 along with a quota for Tokyo Olympics 2021.

LOVLINA BORGHAIN

23 Years | Hails from Golaghat, Assam

OGQ SUPPORT

Monthly stipend

Domestic training

Sports science support

Sports kit

Sport nutritionist

OGQ has been supporting Lovlina Borgohain **since 2018**



I know the two World Championships Bronze are a good effort, but my ultimate aim is to win an Olympic Gold medal and I realize that I need to work even harder for that.

– Lovlina Borgohain



Lovlina Borgohain training at the IG Stadium, New Delhi



BRONZE

Event: 63 Kgs

AIBA World Boxing Championship 2019 (Russia)

FROM FARMING TO BOXING

Coming from a humble farming background where he was mostly kept busy helping his parents grow wheat and cotton, Manish had made up his mind early to succeed in boxing in order to provide a better life for his family.

He came into the senior camp in 2016 after defeating 2x Olympian Shiva Thapa in the senior national finals. That's when it became very serious and big for him.

Manish has secured the quota for Tokyo Olympics 2021.

MANISH KAUSHIK

24 Years | Hails from Devsar village, Haryana

OGQ SUPPORT

Sports Science and support

Monthly Stipend and kit

Domestic training

Training and fitness equipment

Personal Coach

OGQ has been supporting Manish Kaushik since 2018



They (my family) used to get a bit upset when they saw marks and cuts after bouts but then they made peace with it. They understood that I like what I do and became supportive. I am glad I could make them proud.

- Manish Kaushik



Manish Kaushik in action at the AIBA World Boxing Championship 2019, Russia



BRONZE

Event: 53 Kgs

UWW World Wrestling Championship, 2019
(Kazakhstan)

FIRST INDIAN WOMAN TO WIN A GOLD IN WRESTLING AT THE ASIAN GAMES

On 20th August 2018, Vinesh became the first Indian woman to win an Asian Games Gold in wrestling (50 kgs) after defeating Yuki Irie of Japan.

In 2019, Vinesh changed her weight category from 50 kgs to 53 kgs and in just 10 months, she went onto win the Bronze medal at World Championship and a ticket to Tokyo Olympics 2021.

VINESH PHOGAT

27 Years | Hails from Balali Village, Haryana



OGQ SUPPORT

Personal foreign coach fees

Domestic training

Personal physiotherapist

Sports science & medical support

International training

Sports kit & equipment

OGQ has been supporting Vinesh Phogat **since 2018**



I am relieved that I have won the quota for Tokyo Olympics but it's not over yet. I have a medal bout coming up and I want to win that.

- Vinesh Phogat before entering her Bronze Medal match at the World Championship, 2019



(L-R) - OGQ Physiotherapist Rucha Kashalkar, wrestler Vinesh Phogat, Hungarian coach Woller Akos at the World Championship, 2019



SILVER

Event: 86 Kgs

UWW World Wrestling Championship, 2019
(Kazakhstan)

MEDALS AT SENIOR & JUNIOR WORLD CHAMPS

Deepak became only the fourth Indian to bag a Silver at the Senior World Wrestling Championship after Bishambhar Singh (1967), Amit Kumar (2013) and Bajrang Punia (2018). With this win, Deepak secured a quota for the Tokyo Olympics 2021. Deepak had also clinched the World Junior Championship title earlier in 2019.

DEEPAK PUNIA

21 Years | Hails from Chhara Village, Haryana

OGQ SUPPORT

Personal foreign coach fees

Sports science support

Domestic training expense

Gym equipment

Monthly stipend and sports kit

International training and competition

OGQ has been supporting Deepak Punia **since 2016**



My morale was high after the World Junior Championships and my preparation was good. The silver medal here is the result of my hard work. This will inspire me to do well in the Olympics.

- Deepak Punia



Deepak Punia was part of the OGQ Junior Scholarship Program and he transitioned into the senior category in May 2020



BRONZE

Event: 57 Kgs

UWW World Wrestling Championship, 2019 (Kazakhstan)

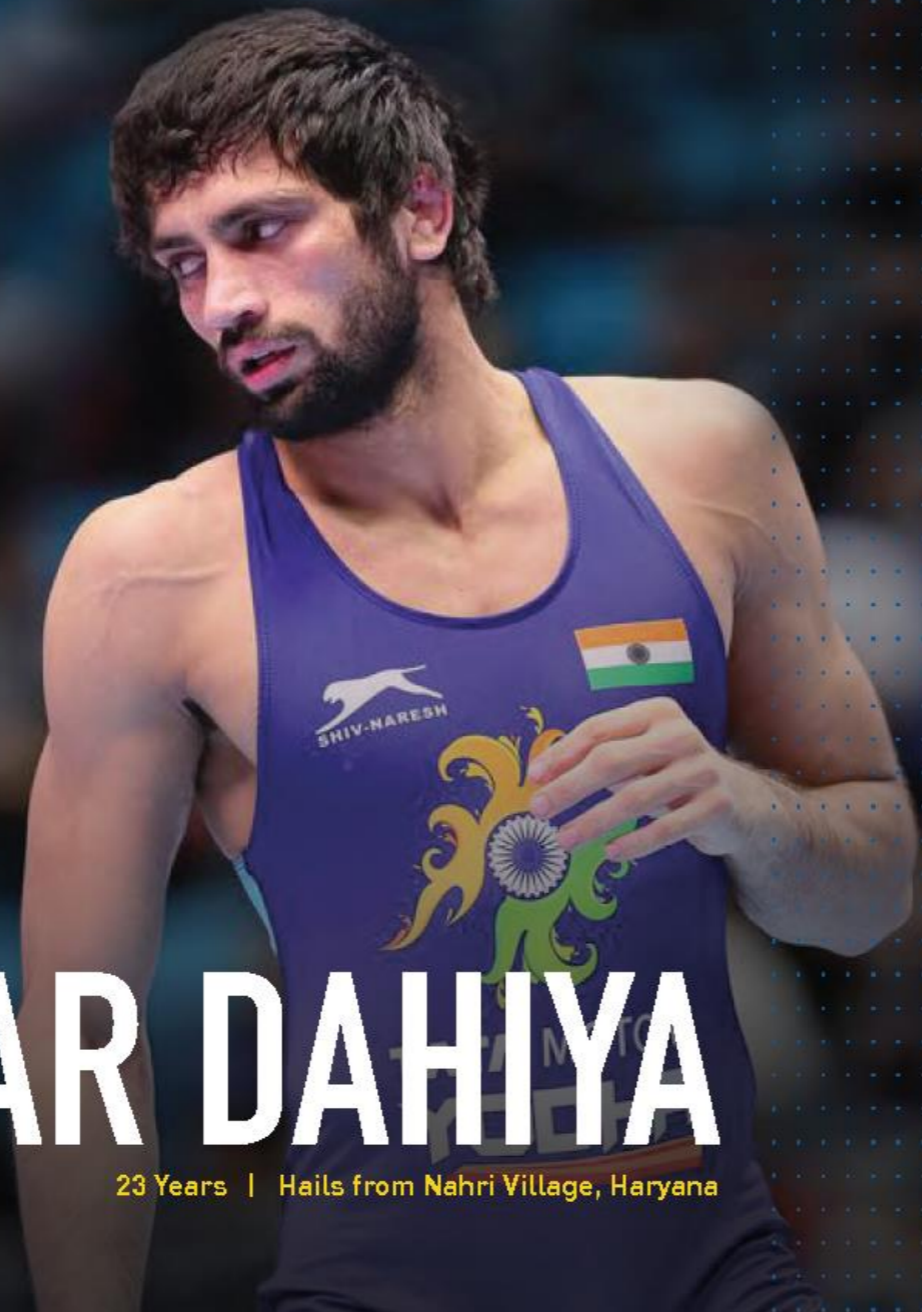
RISING ABOVE THE INJURIES

During Senior Nationals in 2017, he worsened a knee injury he had already picked up at the Junior World Championship, putting him out for a year. But he bounced back at the U-23 World Championship in 2018, and won the silver medal.

At the start of 2019, he suffered an ankle injury. But that did not stop Ravi from giving his best. He went on to win a World Championship Bronze and a ticket to Tokyo Olympics 2021.

RAVI KUMAR DAHIYA

23 Years | Hails from Nahri Village, Haryana



OGQ SUPPORT

Personal foreign coach fees

Gym equipment & sports kit

Sports science & medical support

Domestic training

International training & competition

Monthly stipend & sports kit

Personal physiotherapy & nutrition

OGQ has been supporting Ravi Kumar since 2015



"There are Olympic medallists from my training centre, Chhatrasal Stadium in New Delhi. What have I done?"

- A modest reaction from Ravi after winning the Bronze medal at World Championship, 2019



Wrestler Ravi Kumar after defeating his opponent at the Asian Championship 2019, New Delhi



SILVER

World Archery Championships, 2019 (Netherlands)

INDIAN RECURVE MEN WIN SILVER MEDAL AT THE WORLD CHAMPIONSHIP AFTER 14 YEARS.

The last time the Indian team made the final at the world championships was in Madrid in 2005. Tarundeep was part of that squad, which finished runner-up.

“This is our time. We’ve worked hard for a long time. This is the moment to keep going. For Tokyo Olympics in 2021, we are growing, and we are coming”

– Tarundeep Rai

MEN’S RECURVE ARCHERY TEAM

Athletes in pic (L-R) : Tarundeep Rai, Pravin Jadhav, Atanu Das

OGQ SUPPORT

Domestic & international training

Archery equipment & accessories

Personal foreign coach fees*

Sports science & medical support

Sports kit & stipend

Sports psychologist

*Only for Pravin Jadhav
All spends added for Atanu, Pravin & Tarundeep



We’ve actually worked very hard. We came to the Netherlands 10 days before the world championships, we practised in Breda and that helped us a lot to win. We understood the wind and all conditions. We just enjoyed ourselves and gave our best.

- Atanu Das



Pravin Jadhav, 23 yrs

Hails from Satara, Maharashtra

Atanu Das, 27 yrs

Hails from Baranagar, West Bengal

Tarundeep Rai, 36 yrs

Hails from Namchi, Sikkim



77 Shaili Singh - Athletics (Long Jump)

HIGHLIGHTS FROM

JUNIOR SCHOLARSHIP PROGRAM



Saurabh Chaudhary - Shooting



Anshu Malik - Wrestling



Lakshya Sen - Badminton



GOLD

ISSF World Cup Finals, Putian (China), 2019



3 GOLD (MIXED TEAM)

ISSF World Cup, New Delhi, Munich & Beijing, 2019.

At the age of 16, Manu became the youngest female Indian to clinch a World cup gold, first Indian shooter to win the Youth Olympic Games title and youngest female to win the Commonwealth Games title.

Age: 18 Years

Hails From: Jhajjar, Haryana

Trains at: Dr. Karni Singh Shooting Range, New Delhi

OGQ Support:

Air Pistol and .22 Sports Pistol, electronic target, support for domestic & international training, physiotherapy, personal physical training, nutrition

MANU BHAKER

Shooting - 10m Air Pistol, 25m Sports Pistol



WINNER

Dutch Open, Netherlands, 2019



WINNER

Saarlorlux Open, Germany, 2019

OGQ has been supporting Lakshya Sen since the time he was 10 years old. At 16, he became Junior World Rank 1. At 17, he clinched the Youth Olympic Games Silver and started playing in senior category. At 18, Lakshya stormed into top 30 of BWF Senior World Rankings.

Age: 19 Years **Hails From:** Almora, Uttarakhand

Trains at: Prakash Padukone Badminton Academy, Bengaluru

OGQ Support:

Foreign coach, international and domestic training and tournaments, physiotherapy, sports psychology, strength & conditioning, nutrition

LAKSHYA SEN

Badminton - Men's Singles



GOLD

Asian Junior Championship, Thailand, 2019



BRONZE

Asian Championship, New Delhi, 2020

At the age of 16, Anshu became both Junior World Champion as well as Junior Asian Champion. She has become a new hope on the block for India in the 57 kgs category. She recently earned a spot in the Indian team with her win over World Championship medalist Pooja Dhanda in the national trials.

Age: 19 Years **Hails From:** Nidani village, Haryana

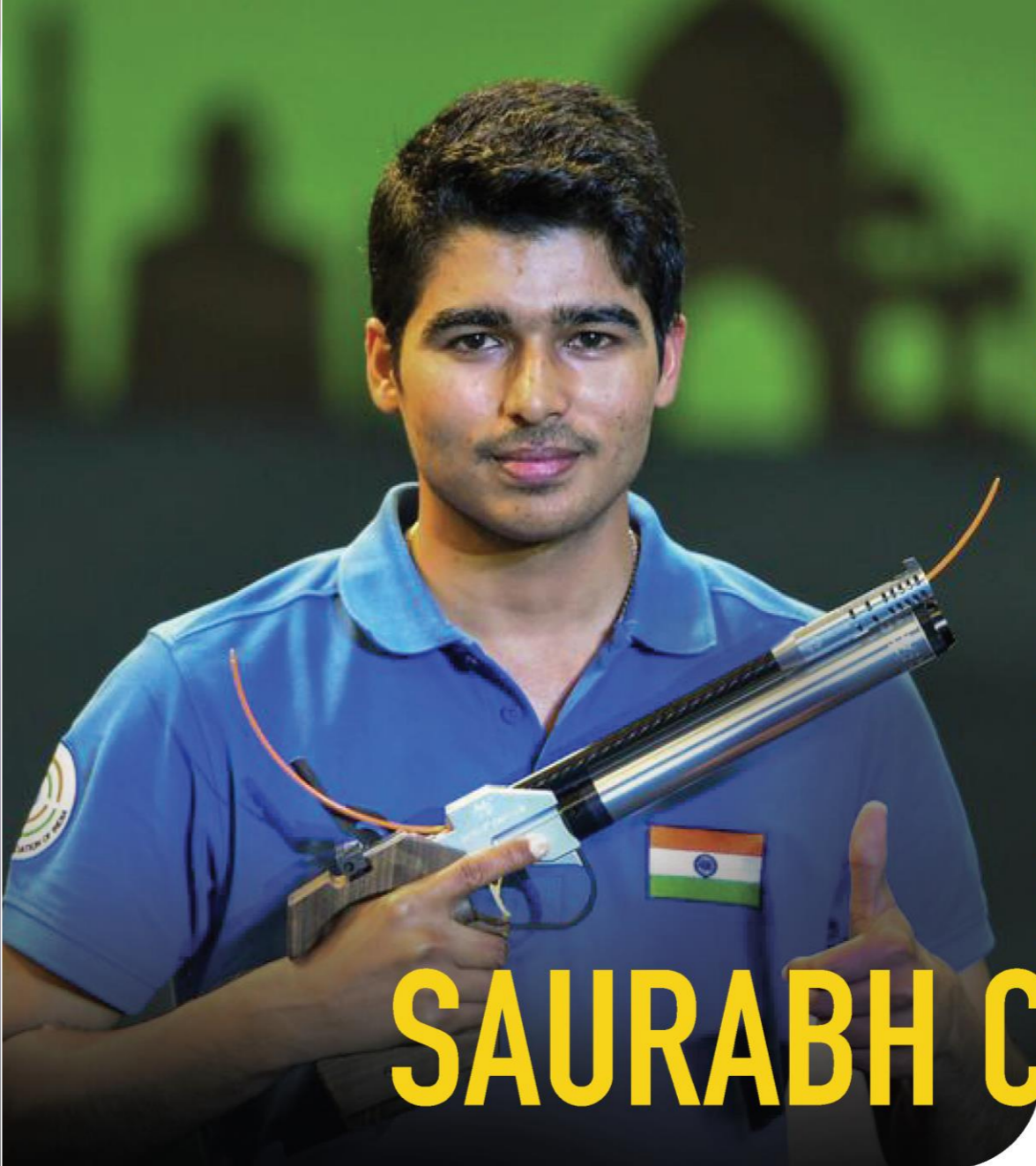
Trains at: CBSM Academy, Nidani

OGQ Support:

Physiotherapy, nutrition, physical training, medicines & supplements, equipment and accessories, accommodation during domestic and international tournaments.

ANSHU MALIK

Wrestling – 57 Kgs



2 GOLD

ISSF World Cup New Delhi and Munich 2019



3 GOLD (MIXED TEAM)

ISSF World Cup New Delhi, Munich, Beijing 2019

Saurabh started shooting at the age of 14. The sharpshooter has clinched medals at the Asian Games, Senior World Cups, Youth Olympic Games and Junior World Cup. In 2019, he grabbed medals at each of the 4 World Cups that he played.

Age: 18 Years

Hails From: Meerut, U.P

Trains at: Meerut, U.P

OGQ Support:

Air Pistol, electronic target, personal coach, treadmill for home training, physiotherapy, strength & conditioning, domestic training and tournaments

SAURABH CHAUDHARY

Shooting - 10m Air Pistol



GOLD

2019 World Youth Archery Championship, Madrid

Komalika is the second Indian archer to become world champion in the under-18 recurve women's category after Deepika Kumari who held the title in 2009.

Age: 18 Years

Hails From: Jamshedpur, Jharkhand

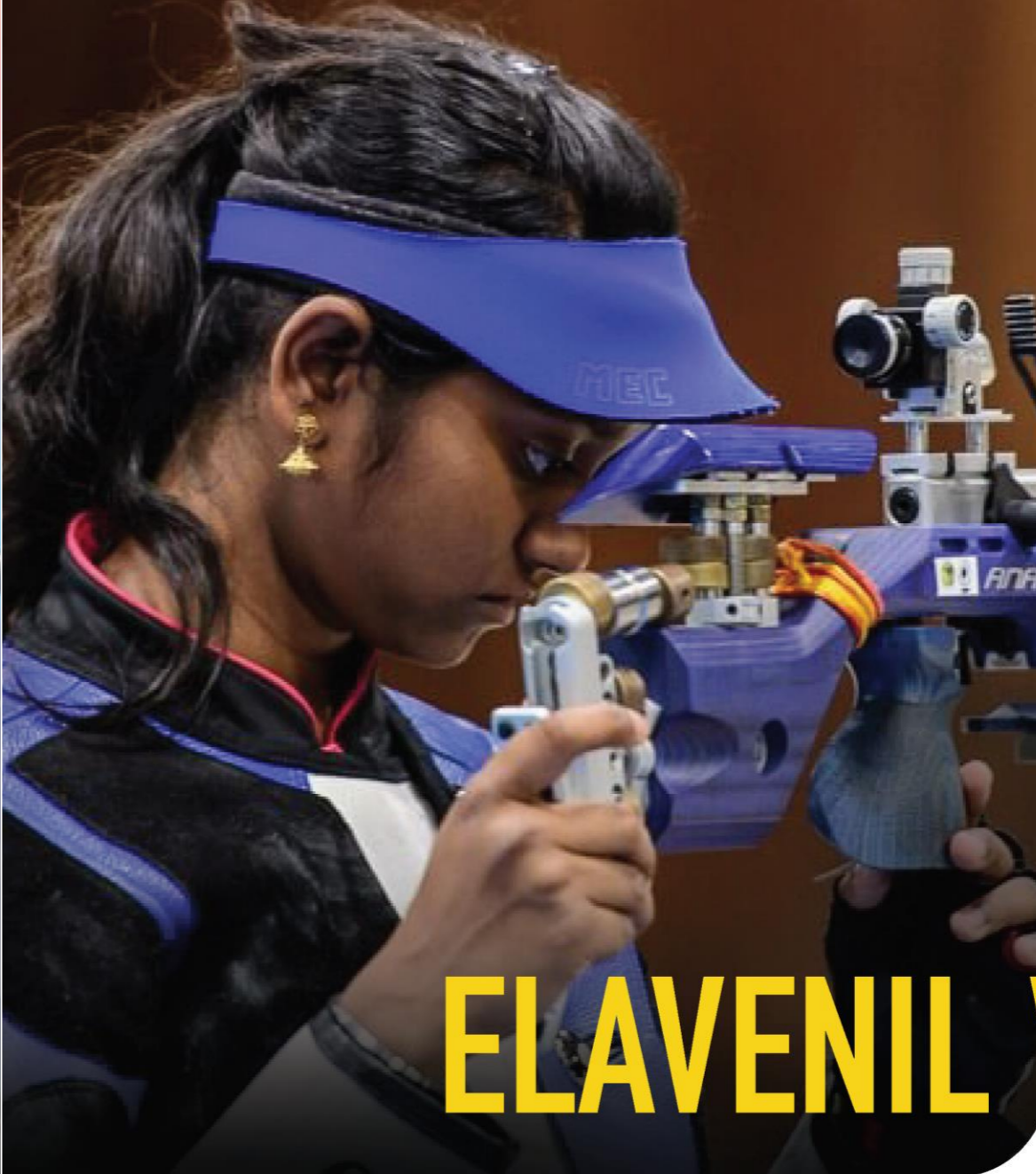
Trains at: TATA Academy, Jamshedpur

OGQ Support:

Archery equipment, Physiotherapy, Strength & Conditioning, Domestic training and tournaments, Monthly stipend

KOMALIKA BARI

Archery – Individual Recurve



WORLD RANK 1

Shooting (10m Air Rifle Women)



GOLD

ISSF World Cup, Rio, 2019

Elavenil's rise to the summit of the 10m Air Rifle ISSF Women's World Ranking was the perfect end to what has been an incredible year for the shooter.

Age: 20 Years

Hails From: Ahmedabad, Gujarat

Trains at: Gun For Glory Academy, Pune

OGQ Support:

Air rifle, physiotherapy, nutrition, sports psychology, domestic training and tournaments

ELAVENIL VALARIVAN

Shooting - 10m Air Rifle



WORLD RANK 1

Shooting (10m Air Rifle Men)



GOLD

ISSF World Cup Finals, Putian (China), 2019

Divyansh who shot a score of 627.1 in qualification, edged out defending World Cup Final champion Peni Istvan of Hungary by 0.1 point to win the Gold medal and climb to No 1 spot in World Rankings.

Age: 17 Years

Hails From: Jaipur, Rajasthan

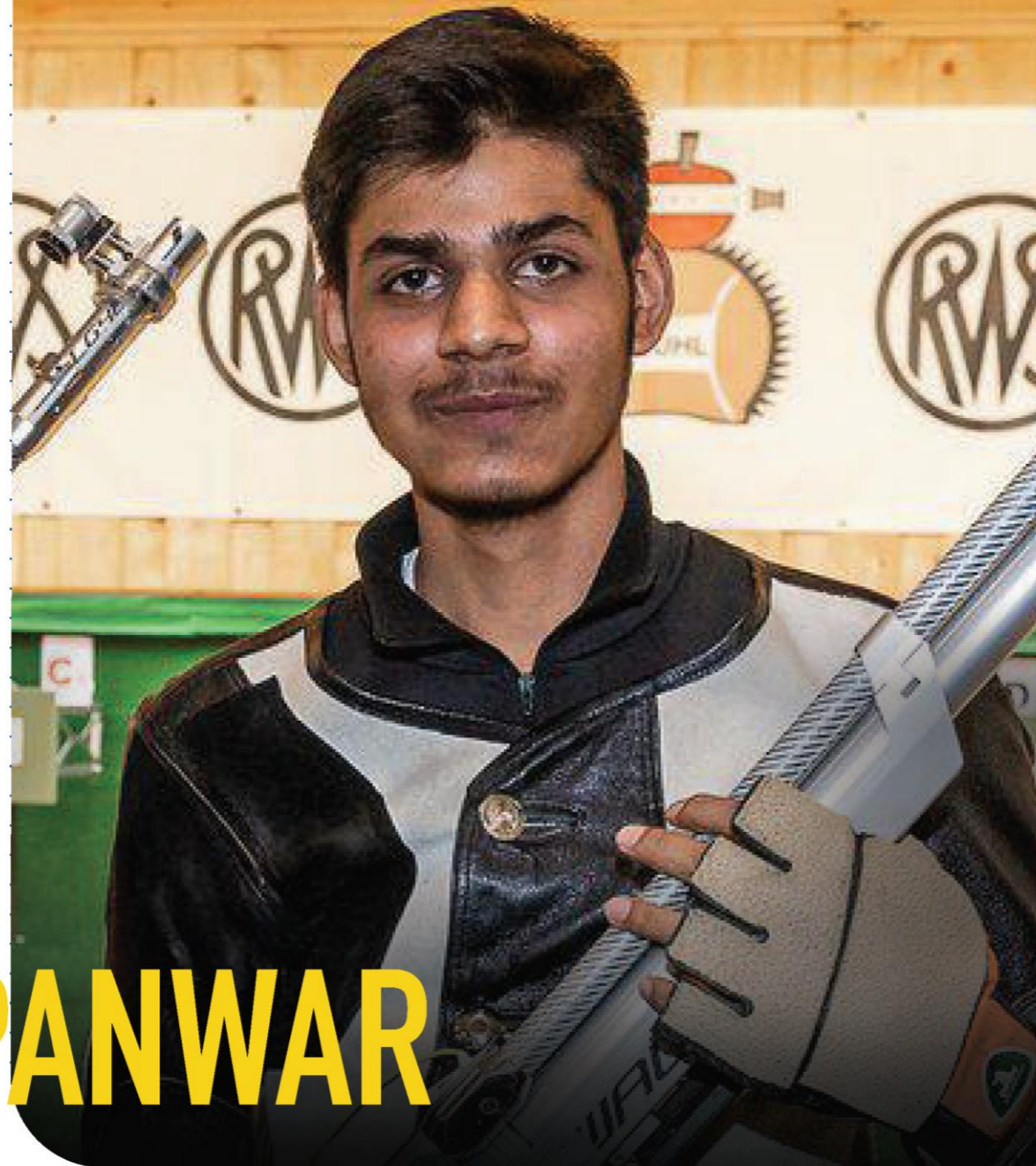
Trains at: Dr. Karni Singh Shooting Range, New Delhi

OGQ Support:

Air Rifle, scatt training system, electronic target, personal coach, physiotherapy, strength & conditioning, domestic training and tournaments

DIVYANSH PANWAR

Shooting - 10m Air Rifle



GOLD

Cadet World Championship, Bulgaria, 2019



SILVER

Cadet Asian Championship, Kazakhstan,

Sonam emerged as a fresh talent in the 62 kgs category. She defeated Rio Olympics Bronze Medalist Sakshi Malik twice and made her way to the Indian Women's team qualifiers. She clinched the prestigious Cadet World Championship title in 2019.

Age: 18 Years

Hails From: Sonapat, Haryana

Trains at: Netaji Subhash Chandra Bose Academy, Gohana

OGQ Support:

Physiotherapy, nutrition, Physical Training, medicines & supplements, equipment and accessories, accommodation during Domestic and International Tournaments.

SONAM MALIK

Wrestling - 62 Kgs



WINNER

U-15 Asian Junior Championship



WINNER

U-19 Dubai International Series

Tasnim had an exceptional run in 2019 - she clinched the Junior Asian Champion title. She had entered the BWF Junior World Rankings at 894th position in 2019, and concluded the year by storming into World Top 10.

Age: 15 Years **Hails From:** Mehsana, Gujarat

Trains at: Assam Badminton Academy, Guwahati

OGQ Support:

Physiotherapy, nutrition, physical training, sports psychology, medicines & supplements, equipment and accessories, support for domestic and international tournaments,

TASNIM MIR

Badminton – Women’s Singles



Saurabh Chaudhary
Shooting



Manu Bhaker
Shooting



Divyansh Panwar
Shooting



Aishwary Pratap Singh
Shooting



Deepak Punia
Wrestling

JUNIORS AT TOKYO OLYMPICS

The OGQ Junior Scholarship Program was started in 2012 post the London Olympics with the aim to identify young athletes in the age group of 10 to 20 and groom them for international success. Over the last 8 years, OGQ has supported more than 150 junior athletes through the program.

In 2019, five junior athletes supported by OGQ won a quota for India for the Tokyo Olympic Games to be held in 2021.

TOKYO OLYMPICS QUOTA WINNERS

Below is the list of Olympic Quota winners for India (as of 31st march 2019) that are supported by OGQ. Please note that there will be further qualification events going forward in all sports.



SHOOTING

1. APURVI CHANDELA
2. RAHI SARNOBAT
3. SAURABH CHAUDHARY
4. MANU BHAKER
5. DEEPAK KUMAR
6. DIYYANSH PANWAR
7. ANGAD BAJWA
8. ABHISHEK VERMA
9. AISHWARY TOMAR



ARCHERY

1. DEEPIKA KUMARI
2. ATANU DAS
3. TARUNDEEP RAI
4. PRAVIN JADHAV



WRESTLING

1. VINESH PHOGAT
2. RAVI KUMAR
3. DEEPAK PUNIA



BOXING

1. MARY KOM
2. AMIT PANGHAL
3. MANISH KAUSHIK
4. LOVLINA BORGOHAIN



ATHLETICS

1. SHIVPAL SINGH



TOKYO PARALYMPICS QUOTA WINNERS

Below is the list of Paralympic Quota winners for India (as of 31st march 2019) that are supported by OGQ. Please note that there will be further qualification events going forward in all sports.



ATHLETICS

1. MARIYAPPAN THANGAVELU
2. AJEET SINGH
3. NISHAD KUMAR
4. VINOD KUMAR
5. YOGESH KATHUNIYA
6. PRAVEEN KUMAR



ARCHERY

1. HARVINDER SINGH
2. VIVEK CHIKARA
3. SHYAM SUNDAR SWAMI



SHOOTING

1. SWARUP UNHALKAR
2. SINGHRAJ ADHANA
3. SIDHARTHA BABU





OGQ
**COACHES EXCELLENCE
PROGRAM**

OGQ COACHES EXCELLENCE PROGRAM

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



Badminton coaches from the Class of 2020 with their graduation certificates.

A total of 21 coaches were selected for the class of 2020. All participants were exposed to high quality education, best global practices and access to top experts to ensure that they are at par with best coaches across the globe when it comes to training requirements.

As part of our commitment to support the Indian coaching ecosystem, this program is delivered **free of cost** for all selected coaches.

KNOWLEDGE & EXECUTION PARTNERS:



Rifle Coach Anne Grethe Jeppesen taking an on-range session for the coaches. Anne is the former Head coach of Denmark and Norway National Shooting Team

A MISSION TO DEVELOP INDIAN COACHES WHO CAN PRODUCE OLYMPIC CHAMPIONS IN THE LONG RUN.



Former Vice Chairman and CEO of Conzerv Systems Mrs. Hema Hattangady delivering a Leadership session for Badminton Coaches.

IMPACT OVER LAST 3 YEARS:

1. More than 2000 athletes have been impacted via the 50 Coaches who have been and are still a part of CEP
2. Some noteworthy athletes training under CEP coaches are:
Elavenil Valarivan - 21 Years
 (World Number 1 in Shooting Air Rifle)

Meiraba Luwang - 17 Years
 (Junior Badminton World No. 2 and Winner of Korea Junior Open 2019)
3. 6 Coaches were a part of the Indian Team for International Competitions in 2019
4. At the Sub-Junior and Junior Nationals in 2019, athletes training under Badminton Coaches from the CEP class of 2020 & 2018 won: 8 Gold, 8 Silver and 7 Bronze medals.

CLASS OF 2020 HIGHLIGHTS

Our team has carefully outlined each module of the program to ensure a holistic learning for the incoming coaches.

These include **Technical and Tactical training, Sports Science Training, Leadership and Communication.**

The program consisted of 5 residential workshops of 6 days each. Each workshop had a unique theme depicting the overall life cycle of an athlete:

1. Fundamentals
2. Developing Athlete
3. Developing Athlete – Female
4. Transition from Junior to Senior
5. Peak performance for Elite Athletes

CLASS COMPOSITION

21 selected coaches are from **11** different states **07** run their own academy

09 are former International players **11** are part of top academies in the country



Badminton Legend, Mr. Prakash Padukone with Badminton Coaches from the Class of 2020



Badminton Legend, Mr. Morten Frost taking a session on Match Tactics for Badminton Coaches

HIGHLIGHTS

21 COACHES SELECTED

05 RESIDENTIAL WORKSHOPS

30+ EXPERT TRAINERS

450+ LEARNING HOURS



Badminton coaches enjoying an outdoor activity based session on Team Building



OGQ Strength & Conditioning Trainer, Akshay Bhapkar conducting a session on Endurance & Stability training for Shooting Coaches



Former Chief Doubles Coach of the Indian team, Mr. Tan Kim Her from Malaysia, conducting an on-court session for badminton coaches

CONTINUOUS LEARNING FOR ALUMNI:

To ensure continuous learning, we invited coaches from all the previous batches to attend four workshops based on technical and tactical training. This also ensured the community of coaches to remain connected across batches with enhanced peer learning.



OGQ CEO Viren Rasquinha moderating a session with sports legends Gagan Narang and Geet Sethi at the farewell ceremony for Shooting coaches

SOME OF OUR TRAINERS

OLYMPIC MEDALISTS | OLYMPIANS | DRONACHARYA AWARDEES
FOREIGN TRAINERS | SPORT SCIENCE & SOFT SKILLS EXPERTS

Some of the best trainers from Badminton and Shooting were invited from across the globe to be part of OGQ Coaches Excellence Program.



MORTEN FROST

Badminton Legend from Denmark,
Former World No. 1



GAGAN NARANG

Olympic Bronze Medalist - London 2012;
Founder – Gun For Glory Academy



VIMAL KUMAR

Olympian; Former Chief National
Coach of India; Director and
Co-Founder PPBA



ANNE GRETHE JEPPESEN

Olympian;
Former Rifle Head Coach for
Denmark & Norway



MARTIN ANDREW

Expert Trainer,
Badminton World Federation



GAGAN ADLAKHA

Senior Partner - Vyaktitva;
Leadership Coach



TAN KIM HER

Former Chief Badminton Doubles
Coach, India



APARNA POPAT

2-time Olympian in Badminton,
Commonwealth Games Silver Medalist



HEENA SIDHU

2-time Olympian in Shooting;
Former World No. 1 Pistol Shooter



RONAK PANDIT

Elite Pistol Coach & Commonwealth
Games Gold Medallist



AMEEN HAQUE

Founder - Storywallahs;
Soft Skills Expert



MUGDHA BAVARE

Sports Psychologist;
Director - Disha Counseling Center



NIKHIL LATEY

Sports Scientist at
SportsMed Active Mumbai



ARADHANA SHARMA

Sports Nutritionist;
Directorate of Sports &
Youth Welfare, MP



Vinesh Phogat - Wrestling

OGQ SUPPORT TO

OLYMPIC



Mary Kom - Boxing

SPORTS

OGQ currently supports athletes in 9 Olympic Sports



Apurvi Chandela - Shooting



Mirabai Chanu - Weightlifting

27 BADMINTON PLAYERS

Supported by OGQ
in FY 2019-20

BADMINTON

OGQ SUPPORT TO
BADMINTON



[L-R] Kiran George, Rahul BM, Morten Frost, Lakshya Sen, Mithun Manjunath in Denmark for a 3-month long training stint, entirely funded by OGQ



Physical training sessions by OGQ trainers Siddharth Sakalle and Siddhant Shipurkar at Padukone-Dravid Centre for Sports Excellence, Bengaluru



[L-R] Ashwini Ponnappa, Sikki Reddy, Pranaav Chopra, Lakshya Sen pose after a training session during ALL England Championship, 2020



[L-R: OGQ CEO Viren Rasquinha, Doubles Player Pranaav Chopra and Sikki Reddy, OGQ Physio Pushkar Ganoo



Badminton Legend Morten Frost with Lakshya Sen at Dutch Open, 2019



Sindhu in a warm-up practice session at Gopichand Academy, Hyderabad



Physical training session being conducted by OGQ trainers at Prakash Padukone Badminton Academy, Bengaluru



Cupping treatment as part of recovery plan for Sikki Reddy

BADMINTON SENIORS

12 PLAYERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 3 senior badminton players.



BADMINTON SENIORS



P.V. SINDHU

AGE: 25 years

EVENT: Women's Singles

HOMETOWN: Hyderabad, Telangana

TRAINS AT: Pullela Gopichand Badminton Academy, Hyderabad

PERFORMANCE HIGHLIGHTS:

Gold – World Championship, Switzerland, 2019
Silver – Rio Olympics, 2016

OGQ SUPPORT:

International tournaments*

Sports science support

Domestic training expenses

Asst. coach & sparring partner

Recovery machine

*Tournaments in China, Denmark, Korea, Switzerland, Japan, Singapore, Indonesia



SAINA NEHWAL

AGE: 30 years

EVENT: Women's Singles

HOMETOWN: Hyderabad, Andhra Pradesh

TRAINS AT: Pullela Gopichand Badminton Academy, Hyderabad

PERFORMANCE HIGHLIGHTS:

Bronze – London Olympics, 2012

OGQ SUPPORT:

Tournaments in Copenhagen, Korea, Spain and Thailand*

Domestic training expenses

Sports Science support

Medical supplements

Sports kit & equipment

*Expenses for Saina, Coach and Physiotherapist

BADMINTON SENIORS



ASHWINI PONNAPPA

AGE: 30 years

EVENT: Women's Doubles, Mixed Doubles

HOMETOWN: Coorg, Karnataka

TRAINS AT: Pullela Gopichand Badminton Academy, Hyderabad

PERFORMANCE HIGHLIGHTS:
Runner Up (WD) - Hyderabad Open, 2019

OGQ SUPPORT:

- Domestic training expenses
- Sports science support
- Medical supplement

BADMINTON SENIORS



SIKKI REDDY

AGE: 26 years

EVENT: Women's Doubles, Mixed Doubles

HOMETOWN: Hyderabad

TRAINS AT: Pullela Gopichand Badminton Academy, Hyderabad

PERFORMANCE HIGHLIGHTS:
Runner Up (WD) - Hyderabad Open, 2019

OGQ SUPPORT:

- Sports science support
- Tournament in Maldives
- Domestic training expense
- Sports kit



PRANAAV CHOPRA

AGE: 27 years

EVENT: Mixed Doubles

HOMETOWN: Ludhiana, Punjab

TRAINS AT: Pullela Gopichand Badminton Academy, Hyderabad

PERFORMANCE HIGHLIGHTS:
Quarters - Singapore Open, 2019

OGQ SUPPORT:

- Sports science support
- Tournament in Maldives
- Domestic training expenses
- Sports kit



ASHMITA CHALIHA

AGE: 20 years

EVENT: Women's Singles

HOMETOWN: Guwahati, Assam

TRAINS AT: Assam Badminton Academy, Guwahati

PERFORMANCE HIGHLIGHTS:
Gold - South Asian Games, Nepal 2019
Bronze - Russia International Challenge 2019

OGQ SUPPORT:

- Domestic training expenses
- International tournaments*
- Monthly stipend
- Sports kit expense
- Medical supplement
- Sports science support

*Tournaments in Bangladesh, Vietnam and Dubai

BADMINTON SENIORS



KIRAN GEORGE

AGE: 20 years

EVENT: Men's Singles

HOMETOWN: Kochi, Kerala

TRAINS AT: Prakash Padukone Badminton Academy, Bengaluru

PERFORMANCE HIGHLIGHTS:

Winner - Wilson International Series, Ghana 2019

Winner - All India Senior Ranking, Vijaywada 2019

OGQ SUPPORT:

International tournaments*

Domestic training expense

Personal foreign coach**

Sports science support

Sports kit & equipment

*Tournaments in Austria, Scotland, Germany, Netherlands, Russia, Ireland, Ghana, Finland ** 3 month training with Morten Frost in Denmark



RAHUL BHARADWAJ

AGE: 19 years

EVENT: Mens Singles

HOMETOWN: Bengaluru, Karnataka

TRAINS AT: Prakash Padukone Badminton Academy, Bengaluru

PERFORMANCE HIGHLIGHTS:

Winner - Croatia International 2019

Quarters - Dutch Open, 2019

OGQ SUPPORT:

International tournaments*

Personal foreign coach**

Domestic training expense

Sports science support

Sports kit & medical expense

*Tournaments in Germany, Netherlands, Belgium, Slovenia, Denmark, Croatia, Ireland, Ghana ** 3 month training with Morten Frost in Denmark

BADMINTON SENIORS



SIRIL VERMA

AGE: 20 years

HOMETOWN: Hyderabad, Telangana

TRAINS AT: Pullela Gopichand Badminton Academy, Hyderabad

PERFORMANCE HIGHLIGHTS:

Gold - South Asian Games, Nepal 2019

Winner - All India Senior Ranking, Goa 2020

OGQ SUPPORT:

Coaching fees

Sports Science support

Monthly stipend

Tournaments in Vietnam

Domestic training expenses

OGQ Junior Scholarship Program

BADMINTON JUNIORS

15 PLAYERS
Supported by OGQ
in FY 2019-20



BADMINTON JUNIORS

Break-up of total spends for junior badminton players are as follows:

Lakshya Sen

Aakarshi Kashyap

Meiraba Luwang

Pranav Rao Gandham

Tasnim Mir Priyanshu

Rajawat Pullela Sai

Vishnu Meghana

Reddy

Sai Satya Sarvesh

Ankit Mondol

Manish Phogat

Prajwal Sonawane

Dhruv Negi

Ansh Negi

Sampriti Pal

AREAS OF SUPPORT:

- Foreign Coaching under Badminton Legend Morten Frost
- Equipment
- Physiotherapy
- Strength & Conditioning
- Nutrition
- Sports Psychology
- Sports Science Assessment
- Participation in International & Domestic Tournaments
- Monthly Stipend



Meiraba Luwang (second from left) after winning the Korea Junior Open title



(L-R) Ansh Negi and Ankit Mondol with their Singapore International medals



Lakshya Sen – Winner at Dutch Open Super 100



Tasnim Mir wins the Khelo India 2020 title in Guwahati

PERFORMANCE HIGHLIGHTS

BWF SUPER 100

WINNER (MS) – LAKSHYA SEN
Dutch Open
Saarlortlux Open

BWF INTERNATIONAL CHALLENGE

WINNER (MS) – LAKSHYA SEN
Belgian International
Scottish Open
Bangladesh Open

BWF INTERNATIONAL SERIES

WINNER (MS) – MEIRABA LUWANG
Nepal Jr. International
Bangladesh Jr. International
Korea Jr. Open

WINNER (WS) – TASNIM MIR
Dubai Jr. International
Nepal Jr. International

WINNER (MD) – ANKIT MONDOL
U-15 Singapore International

RUNNER UP (MS) – ANSH NEGI
U-13 Singapore International

BWF FUTURE SERIES/GRAND PRIX

WINNER (WS) – AAKARSHI KASHYAP
Kenya International

WINNER (MS) – PRIYANSHU RAJAWAT
Bahrain International

ASIAN CHAMPIONSHIP

WINNER (WS) – TASNIM MIR
U-15, Asian Jr. Championship,
Indonesia

NATIONAL CHAMPIONSHIP

WINNER (MS) – MEIRABA LUWANG
U-19, Rajahmundry, Andhra Pradesh

WINNER (MS) – ANSH NEGI
U-13, Bhagalpur, Bihar

RUNNER UP (MS) – ANKIT MONDOL
U-15, Bhubaneswar, Odisha

NATIONAL RANKING SERIES

WINNER (MS) – PRANAV RAO
U-19 Junior Ranking, Bengaluru

WINNER (MS) – MEIRABA LUWANG
U-19 Junior Ranking, Panchkula

WINNER (MD) – PULLELA SAI
U-19 Junior Ranking, Chandigarh

RUNNER UP (WS) – MEGHANA REDDY
U-19 Junior Ranking, Bengaluru

33 BOXERS

Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO
BOXING



OGQ conducted a 3-month Strength & Conditioning camp for CWG Gold Medalist Gaurav Solanki at Army Sports Institute [ASI], Pune



Manish Kaushik (in black) at ASI, Pune



Vo2 Max Test for Manish Kaushik



Junior boxers training at the Mary Kom Boxing Academy, Imphal



Gaurav Solanki in a session with OGQ's Strength & Conditioning trainer Amey Kolekar at the Army Sports Institute, Pune



The OGQ Team along with boxers visit the Centre for Sports Science [CSS] in Chennai for full body assessment



Akash Sangwan suffered a head concussion in a bout at the 2020 Khelo India Games in Guwahati. OGQ Physio Pushkar Ganoo helped him with immediate medical support



Boxer Nitu in a rehab session at the Centre for Sports Science, Chennai

BOXING SENIORS

15 SR. BOXERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 1 senior boxer.

BOXING SENIORS



MARY KOM

AGE: 37 years

WEIGHT CATEGORY: 51 Kgs

HOMETOWN: Kangathei village, Manipur

TRAINS AT: Indira Gandhi Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

Bronze – World Championship, Russia, 2019
Gold - President Cup, Indonesia, 2019

OGQ SUPPORT:

Sports science & medical support

Domestic training

Personal physiotherapist's travel*
*For all International competitions

Personal Coach

Medical supplements & sports kit

Training equipment



AMIT PANGHAL

AGE: 24 years

WEIGHT CATEGORY: 51 Kgs

HOMETOWN: Mayna village, Haryana

TRAINS AT: National Institute of Sports, Patiala

PERFORMANCE HIGHLIGHTS:

Silver - World Championship, Russia, 2019
Gold - Asian Championship, Thailand, 2019

OGQ SUPPORT:

Domestic training

Monthly stipend and kit

Sports science & medical support

Personal Coach

International travel

Training and fitness equipment



BOXING SENIORS



LOVLINA BORGHAIN

AGE: 23 years

WEIGHT CATEGORY: 69 Kgs

HOMETOWN: Golaghat, Assam

TRAINS AT: Indira Gandhi Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

Bronze - World Championship, Russia, 2019

Gold - Umakhnov Memorial, Russia, 2019

OGQ SUPPORT:

Monthly stipend

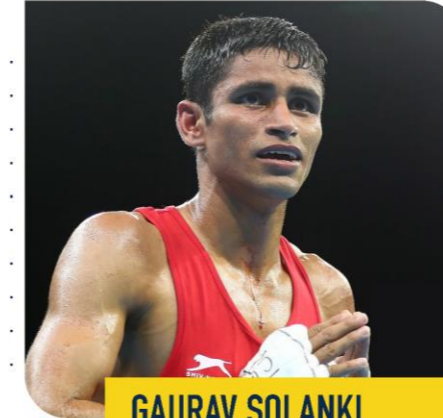
Domestic training

Sports science support

Sports kit

Sport nutritionist

BOXING SENIORS



GAURAV SOLANKI

AGE: 23 years

WEIGHT CATEGORY: 52 Kgs

HOMETOWN: Ballabgarh, Haryana

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Gold - Feliks Stemm International, Poland 2019

Silver - Umakhanov Memorial, Russia 2019

OGQ SUPPORT:

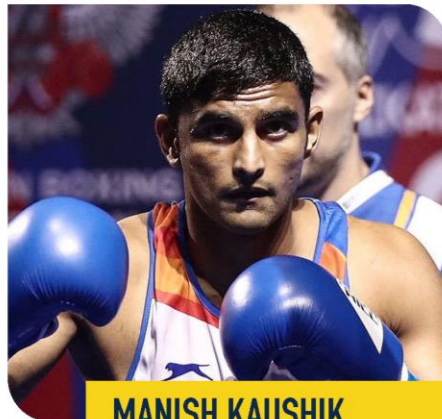
Sports science support

Domestic training

Monthly stipend and kit

Personal Coach

Training & fitness equipment



MANISH KAUSHIK

AGE: 24 years

WEIGHT CATEGORY: 63 Kgs

HOMETOWN: Devsar village, Haryana

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Bronze - World Championship, Russia, 2019

Gold - Feliks Stemm, Poland, 2019

OGQ SUPPORT:

Sports Science and support

Monthly Stipend and kit

Domestic training

Training and fitness equipment

Personal Coach



KAVINDER SINGH BISHT

AGE: 27 years

WEIGHT CATEGORY: 57 Kgs

HOMETOWN: Dehradun, Uttarakhand

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver - Asian Championship, Bangkok, 2019

Silver - India Open, Guwahati, 2019

OGQ SUPPORT:

Monthly Stipend and kit

Sports Science and support

Domestic training

Training and fitness equipment

BOXING SENIORS



BARUN SINGH

AGE: 20 years

WEIGHT CATEGORY: 49 Kgs

HOMETOWN: Imphal, Manipur

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Gold – Khelo India Games, Guwahati, 2020

Silver – Inter Services Championships, 2020

OGQ SUPPORT:

Domestic training & tournaments

Sports science support

Training equipment

Sports Kit

Medical supplements

BOXING SENIORS



AKASH SANGWAN

AGE: 20 years

WEIGHT CATEGORY: 63 Kgs

HOMETOWN: Hisar, Haryana

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver - Senior Nationals, Shimla 2019

Gold - Inter Services Championships, 2019

OGQ SUPPORT:

Domestic training & tournaments

Sports Science and support

Sports kit

Medical supplements



DEEPAK KUMAR BOHRIA

AGE: 22 years

WEIGHT CATEGORY: 49 Kgs & 52 Kgs

HOMETOWN: Hisar, Haryana

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver - World Military Games, China 2019

Silver - Asian Championships, Thailand, 2019

OGQ SUPPORT:

Monthly Stipend

Domestic training & tournaments

Medical supplements

Sports kit



ANKIT KUMAR

AGE: 20 years

WEIGHT CATEGORY: 56 Kgs

HOMETOWN: Hisar, Haryana

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver - Khelo India, Guwahati 2020

Silver - Inter Services Championships, 2019

OGQ SUPPORT:

Domestic training & tournaments

Sports kit

Sports science support

Training equipment

Medical supplements

BOXING SENIORS



MANJU RANI

AGE: 20 years

WEIGHT CATEGORY: 48 Kgs

HOMETOWN: Rohtak, Haryana

TRAINS AT: SAI Centre, Rohtak

PERFORMANCE HIGHLIGHTS:

Silver - World Championships, Russia 2019

*OGQ started supporting Manju in October, 2019

OGQ SUPPORT:

Domestic training

Monthly stipend & kit

Sports science support

Medical supplements



SHASHI CHOPRA

AGE: 20 years

WEIGHT CATEGORY: 60 Kgs

HOMETOWN: Hisar, Haryana

TRAINS AT: SAI Centre, Hisar

PERFORMANCE HIGHLIGHTS:

Silver – Silver Nationals, 2019

Bronze – International Tournament, Belarus, 2019

OGQ SUPPORT:

Monthly stipend & kit

Domestic training

Sports science support

Medical supplements

BOXING SENIORS



SONIA CHAHAL

AGE: 22 years

WEIGHT CATEGORY: 57 Kgs

HOMETOWN: Bhiwani, Haryana

TRAINS AT: Bhiwani Boxing Club, Haryana

PERFORMANCE HIGHLIGHTS:

Bronze – Asian Championship, Bangkok, 2019

Gold – Senior National Championship, 2019

OGQ SUPPORT:

Monthly stipend & kit

Domestic training

Medical supplements

Laptop for video analysis

Nutrition



NITU

AGE: 19 years

WEIGHT CATEGORY: 48 Kgs

HOMETOWN: Bhiwani, Haryana

TRAINS AT: Bhiwani Boxing Club, Haryana

INJURY UPDATE:

Nitu suffered shoulder injury in November during a training session

OGQ SUPPORT:

Sports science & medical support

Monthly stipend & kit

Domestic training

OGQ Junior Scholarship Program

BOXING JUNIORS

18 JR. BOXERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 1 junior boxer.

BOXING JUNIORS

Break-up of total spends for junior boxers are as follows:

ARMY SPORTS INSTITUTE:

Bolotsion Singh

Victor Singh

Bhavesh Kattimani

MARY KOM BOXING ACADEMY, IMPHAL

Rohit Singh

Naorem Chanu

Serto Jefferson

Mangte Chungneireng

T. Kimhueinei

Khoichung Ringeichim

SARITA DEVI BOXING ACADEMY, IMPHAL

Kunjarani Devi

Edipak Singh

Heikrujam Nilakanta

Porlembi Chongtham

Ambeshori Devi

Miraj Khan

OTHER TRAINING CENTRES:

Jaismine

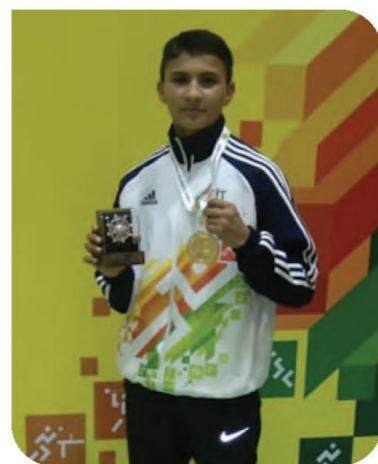
Poonam Malik

AREAS OF SUPPORT:

- Foreign Coach
- Equipment
- Physiotherapy
- Strength & Conditioning
- Nutrition
- Sports Science Assessment
- Participation in Domestic Tournaments
- Monthly Stipend



Junior boxers from Army Sports Institute at the Khelo India Games 2020, Guwahati



Boxer Poonam with her Gold medal at Khelo India Games 2020



Victor Singh with his Junior Asian Championship Bronze Medal in Dubai



Bolotsion Singh won gold in Lithuania Tournament March 2020



Sarita Devi Academy Boxers at Khelo India 2020 Kunjarani (Left) and Ambeshori (Right) with their Coach Radia Devi

JUNIOR PERFORMANCE HIGHLIGHTS

JUNIOR ASIAN CHAMPIONSHIP, DUBAI

VICTOR SINGH
Bronze - 52 Kgs

AMBESHORI DEVI
Bronze - 57 Kgs

JUNIOR NATIONS CUP, SERBIA

AMBESHORI DEVI
Gold - 57 Kgs

VICTOR SINGH
Bronze - 52 Kgs

KHELO INDIA GAMES 2019, GUWAHATI

VICTOR SINGH
Gold (U-17) - 52 Kgs

AMBESHORI DEVI
Gold (U-17) - 57 Kgs

POONAM
Gold (U-21) - 54 Kgs

JAISMINE
Gold (U-21) - 57 Kgs

KUNJARANI DEVI
Silver (U-17) - 60 Kgs

BHAVESH KATTIMANI
Silver (U-21) - 52 Kgs

NAOREM CHANU
Silver (U-21) - 51 Kgs

ROHIT SINGH
Bronze (U-17) - 60 Kgs

BOLOTSION SINGH
Bronze (U-21) - 56

YOUTH ASIAN CHAMPIONSHIP, MONGOLIA

NAOREM CHANU
Gold - 51 Kgs

JAISMINE
Bronze - 57 Kgs

BLACK FOREST CUP, GERMANY

AMBESHORI DEVI
Gold - 57 Kgs

ESKER BOXING CUP, IRELAND

JAISMINE
Gold - 57 Kgs

GOLDEN GLOVE TOURNAMENT, SERBIA

BOLOTSION SINGH
Silver - 56 Kgs

67 SHOOTERS
Supported by OGQ
in FY 2019-20

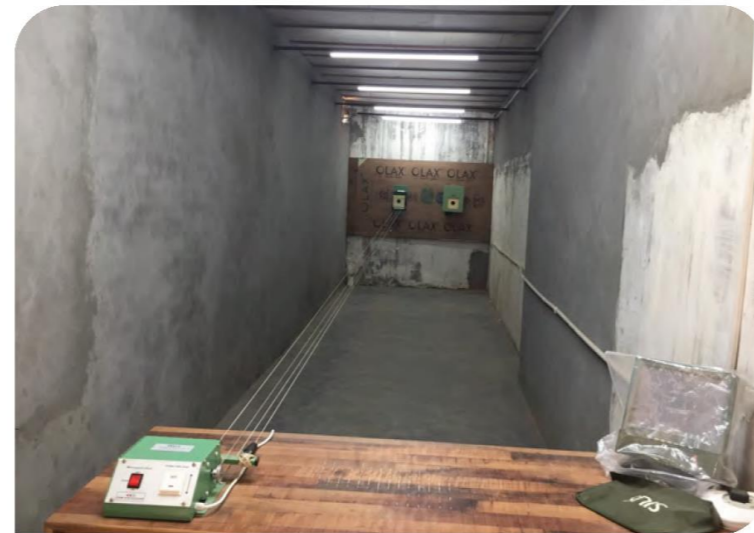
OGQ SUPPORT TO
SHOOTING



Kynan Chenai being treated by OGQ Physiotherapist Chinmay Bhide at National Championship 2019



Gym session for Anish Bhanwala



OGQ provided an electronic shooting target for Saurabh Chaudhary at his home in Meerut.



The OGQ Team visits Angad Bajwa and foreign coach Tore Brovold in Jaipur



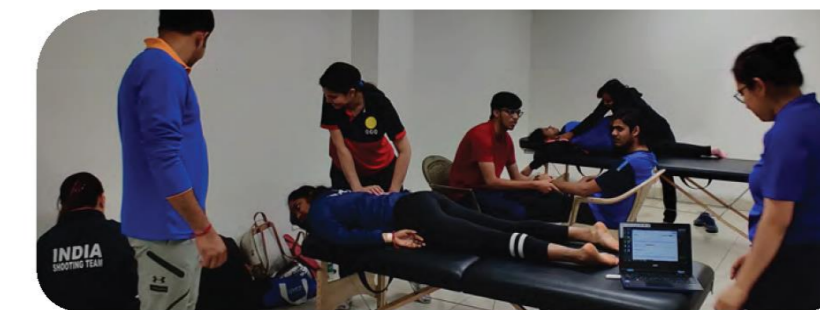
[L-R] S&C trainer Akshay Bhapkar, physiotherapist Shloka Varvatkar, shooter Rahi Sarnobat and nutritionist Tajinder Kaur at Balewadi Stadium, Pune



Manu Bhaker in a physical training session at Dr. Karni Singh Shooting Range, New Delhi



OGQ nutritionist Uma Kale analysing Body Composition for shooter Deepak Kumar



OGQ Physiotherapists treating shooters at Dr. Karni Singh Shooting Range, New Delhi



Rahi Sarnobat with German coach and 2x Olympic medalist Munkhbayar Dorjsuren in a training session at Balewadi Stadium, Pune



OGQ Team visits Saurabh Chaudhary's residence in Meerut



Pilates session for shooter Apurvi Chandela along with sports scientist Heath Mathews and OGQ physiotherapist Sumita Jain, Jaipur

SHOOTING SENIORS

23 SR. SHOOTERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 8 senior shooters.

SHOOTING SENIORS



GAGAN NARANG

AGE: 36 years

EVENT: 10m Air Rifle, 50m 3-Positions

HOMETOWN: Hyderabad, Telangana

TRAINS AT: Gun for Glory, Pune

PERFORMANCE HIGHLIGHTS:

Bronze – London Olympics, 2012

OGQ SUPPORT:

Domestic training expense

Training & tournament in Munich

Sports science support

Shooting accessories



APURVI CHANDELA

AGE: 26 years

EVENT: 10m Air Rifle

HOMETOWN: Jaipur, Rajasthan

TRAINS AT: Home range, Jaipur

PERFORMANCE HIGHLIGHTS:

Gold – ISSF World Cup, Munich, 2019

Gold (Mixed Team) – ISSF World Cup, Rio, 2019

OGQ SUPPORT:

Personal Coach

Domestic training expense

International tournaments*

Sports science support

Sports psychology

Shooting accessories

Supplements & medical expense

*Tournaments in Munich, Finland and Sweden



SHOOTING SENIORS



RAHI SARNOBAT

AGE: 29 years

EVENT: 25m Sports Pistol

HOMETOWN: Kohlapur, Maharashtra

TRAINS AT: Ballewadi Stadium, Pune

PERFORMANCE HIGHLIGHTS:

Gold – ISSF World Cup, Munich, 2019
Gold – Selection Trials 7, New Delhi, 2019

OGQ SUPPORT:

- Domestic training expense*
- Personal foreign coach fees
- Personal physiotherapist
- Expense for World Cup, Asian CH
- Sports science support
- Shooting accessories & sports kit

*for personal foreign coach and self

SHOOTING SENIORS



ANGAD BAJWA

AGE: 24 years

EVENT: Men's Skeet (Shotgun)

HOMETOWN: Chandigarh, Punjab

TRAINS AT: Home range, Jaipur

PERFORMANCE HIGHLIGHTS:

Gold – Asian Championship, Doha, 2019
Gold – National Championship, New Delhi, 2019

OGQ SUPPORT:

- Ammunition & shooting accessories
- Personal foreign coach
- Treadmill & gym equipment
- Training in Italy & Cyprus
- Sports science support
- Domestic training expense



ABHISHEK VERMA

AGE: 30 years

EVENT: 10m Air Pistol

HOMETOWN: Chandigarh

TRAINS AT: Eklavya Shooting Academy, Gurgaon

PERFORMANCE HIGHLIGHTS:

Gold – ISSF World Cup, Rio, 2019
Gold (Mixed Team) - Asian Championship, Doha, 2019

OGQ SUPPORT:

- Electronic shooting target & pistol
- Domestic training expenses
- Personal coach
- Sports science support
- Sports kit
- Expense during World Cups



DEEPAK KUMAR

AGE: 32 years

EVENT: 10m Air Rifle

HOMETOWN: New Delhi

TRAINS AT: Dr. Karni Singh Shooting Range, New Delhi

PERFORMANCE HIGHLIGHTS:

Bronze – Asian Championship, Doha, 2019
Gold (Mixed Team) – ISSF World Cup, Rio, 2019

OGQ SUPPORT:

- Electronic shooting target
- Personal coach
- Air Rifle
- Domestic training expense
- International Tournaments*
- Supplements & medical expenses
- Sports science support
- Sports Kit

*Tournaments in Munich and Czech Republic

SHOOTING SENIORS



ANMOL JAIN

AGE: 21 years

EVENT: 10m Air Pistol

HOMETOWN: New Delhi

TRAINS AT: Dr. Karni Singh Shooting Range, New Delhi

PERFORMANCE HIGHLIGHTS:

Gold (Mixed Team) – International Shooting Competition of Hannover, Germany, 2019

OGQ SUPPORT:

- Domestic training & expense
- Sports science support
- Monthly stipend
- Electronic shooting target & pistol
- Sports kit expense



GAAYATHRI N.

AGE: 23 years

EVENT: 50m 3-Positions

HOMETOWN: Coimbatore, Tamil Nadu

TRAINS AT: Dr. Karni Singh Shooting Range, New Delhi

PERFORMANCE HIGHLIGHTS:

Gold – South Asian Games, Nepal, 2019
Silver – National Championship, Bhopal, 2019

OGQ SUPPORT:

- Personal coach
- International travel for coach*
- Shooting accessories
- Domestic training & expenses
- Sports science support
- Sports kit

*Tournaments in Brazil, Munich and Doha

SHOOTING SENIORS



KYNAN CHENAI

AGE: 29 years

EVENT: Men's Trap (Shotgun)

HOMETOWN: Hyderabad, Telangana

TRAINS AT: Dr. Karni Singh Shooting Range, New Delhi

PERFORMANCE HIGHLIGHTS:

Bronze – National Championship, New Delhi, 2019
Silver – Selection Trials 2, New Delhi, 2020

OGQ SUPPORT:

- Equipment & ammunition
- Personal coach fees
- Domestic training expense
- Training in Italy
- Sports science support



OM PRAKASH MITHARWAL

AGE: 24 years

EVENT: 10m Air Pistol

HOMETOWN: Sikal, Rajasthan

TRAINS AT: Army Marksmanship Unit, Indore

PERFORMANCE HIGHLIGHTS:

Finalist – Masters Meet, New Delhi, 2019
Finalist – Selection Trials 1, New Delhi, 2020

OGQ SUPPORT:

- Domestic training and expenses
- Sports Science support
- Sports Kit expense

SHOOTING SENIORS



SHAHZAR RIZVI

AGE: 25 years

EVENT: 10m Air Pistol

HOMETOWN: Meerut, Uttar Pradesh

TRAINS AT: Dr. Karni Singh Shooting Range, New Delhi

PERFORMANCE HIGHLIGHTS:

Gold – Selection Trials 1, New Delhi, 2020
Finalist – ISSF World Cup, Munich, 2019

OGQ SUPPORT:

- Personal coach fees
- Domestic training & expense
- .177 air pistol & accessories
- Expenses for World Cups, Asian CH
- Sports science support
- Sports kit



VIJAY KUMAR

AGE: 34 years

EVENT: 25m Rapid Fire Pistol

HOMETOWN: Palampur, Himachal Pradesh

TRAINS AT: Dr. Karni Singh Shooting Range, New Delhi

PERFORMANCE HIGHLIGHTS:

Silver – London Olympics, 2012

OGQ SUPPORT:

- Sports science support
- Domestic training expense
- Sports kit expense

SHOOTING SENIORS



HEENA SIDHU

AGE: 30 years

EVENT: 10m Air Pistol

HOMETOWN: Patiala, Punjab

TRAINS AT: Ronak Pandit Shooting Academy, Pune

PERFORMANCE HIGHLIGHTS:

2x Olympian – London Olympics 2012 and Rio Olympics 2016

OGQ SUPPORT:

- International tournaments*
- Domestic training expense
- Personal coach
- Sports science support
- Shooting accessories
- Supplements & medical expense
- Sports psychology



JITU RAI

AGE: 32 years

EVENT: 10m Air Pistol

HOMETOWN: Nepal

TRAINS AT: Army Marksmanship Unit, Mhow

PERFORMANCE HIGHLIGHTS:

Olympian – Rio Olympics, 2016

OGQ SUPPORT:

- Domestic training expense
- Electronic shooting target
- Sports science support
- Personal coach

SHOOTING SENIORS



MAHIMA AGARWAL

AGE: 21 years

EVENT: 10m Air Pistol

HOMETOWN: Jabalpur, Madhya Pradesh

TRAINS AT: Gun For Glory, Jabalpur

OGQ SUPPORT:

.22 pistol & ammunition

Personal coach

Sports science support

Domestic training expense

Sports kit

SHOOTING STARS

Indian Shooting at the Olympics

Amongst individual Olympic sports, India has achieved it's highest medal tally in Shooting – 4 medals including its first and only individual Gold medal. OGQ has supported over 100 shooters since inception. 2 out of 4 Olympic medal winners in Shooting have been supported by OGQ – Gagan Narang & Vijay Kumar



Gagan Narang
Bronze – London Olympics 2012



Vijay Kumar
Silver – London Olympics 2012

OGQ Junior Scholarship Program

SHOOTING JUNIORS

44 JR. SHOOTERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 1 junior shooter.

SHOOTING JUNIORS

Break-up of total spends for junior shooters are as follows:

Project Leap for 24 Junior Shooters

Manu Bhaker

Anish Bhanwala

Divyansh Panwar

Mehuli Ghosh

Saurabh Chaudhary

Elavenil Valarivan

Shapath Bharadwaj

Hriday Hazarika

Esha Singh

Arjun Babuta

Shreya Agrawal

Dhanush Srikanth

Harshawardhan Yadav

Arjun Cheema

Adarsh Singh

Manavaditya Rathod

Yash Vardhan

Abhinav Shaw

Aishwarya Tomar

AREAS OF SUPPORT:

- Foreign Training Stints
- Equipment & Ammunition
- Grip & Barrel Testing
- Physiotherapy
- Strength & Conditioning
- Nutrition
- Sports Psychology
- Sports Science Assessment
- Participation in International & Domestic Tournaments
- Monthly Stipend

PROJECT LEAP

Training for Junior Shooters

OGQ partnered with Gagan Narang Sports Promotion Foundation (GNSPF), Pune in 2017 to launch Project Leap with a long-term mission to identify and train young shooting talent in India. Out of the 43 junior shooters supported by OGQ, 24 were part of Project Leap 2019-20.

A very comprehensive and scientific selection trials, like physical, meta-cognitive and technical tests, were carried out to select these 24 young shooters. The shooters had the opportunity to train under some of the globally renowned rifle coaches like Anne Grethe Jeppesen (from Norway), Anoton Belak (from Slovakia) and Olympic Bronze Medalist Gagan Narang and pistol coach like and Dina Aspandiyarova (from Australia).

The list of shooters selected are as mentioned below:

PISTOL SHOOTERS:

Abhidnya Patil	Kamal Kumar
Abhinav Choudhary	Pranjali Dhumal
Ajinkya Chavan	Shivani Satav
Bhargavsinh Solanki	Shreesakthi Jeyakannan
Dishant Patel	Tanmay Kumbhar
Janhavi Deshmukh	Yugul Dua

RIFLE SHOOTERS:

Adhiraj Charak	Rithik Ramesh
Aneesha Sharma	Rushiraj Jadeja
Anushree Rai	Srushti Somase
Atharva Chavan	Uma Mahesh Maddineni
Darius Saurastri	Utsav Malik
Keval Prajapati	Yash Padloskar



OGQ Physiotherapist Vidhya Kumari treating Project Leap shooter



Foreign Coach Kim Seonil (from Korea) with pistol shooters of Project Leap at Gun For Glory Academy, Pune



London Olympic Bronze Medalist Gagan Narang mentoring a Project Leap shooter



Selection test during the selection process of Project Leap

A total of five separate camps were conducted for Rifle and Pistol Shooters separately, for a duration of 12 days each. The objective of such camps were on six core capacities:

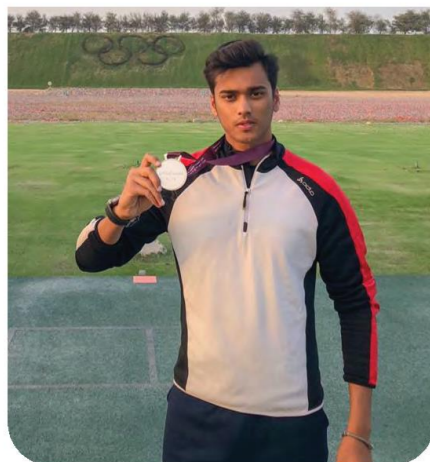
- Mental strength
- Endurance
- Score
- Physical fitness
- Up-gradation & fine tuning of technical skills
- Physiological aspects



Air Rifle Mixed Team medallists Shreya Agrawal and Dhanush Srikanth at the Junior Asian Championship 2019, Doha



Foreign Coach Anne Grethe Jeppesen (from Norway) with rifle shooters of Project Leap at Gun For Glory Academy, Pune



Manavadiya Rathore with his Silver medal at the Junior Asian Championship 2019, Doha



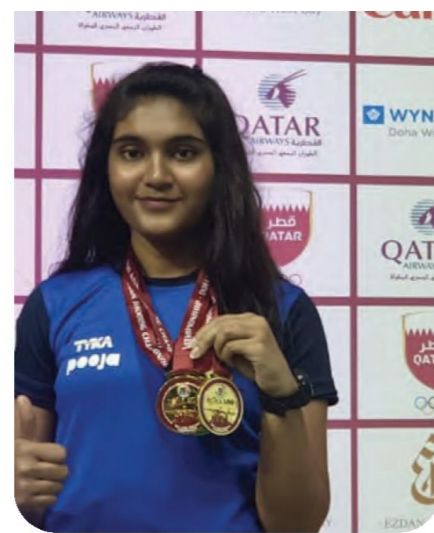
Anish Bhanwala wins Individual and Men's Team Gold at South Asian Games 2019, Nepal



Manu Bhaker and Saurabh Chaudhary win Mixed Team Gold at ISSF World Cup, Munich



[L-R]: Yash Vardhan, Divyansh Panwar, Hriday Hazarika on the medal podium at Junior National Championship 2019, Bhopal



Esha Singh wins Individual and Mixed Team Gold at the Junior Asian Championship 2019, Doha



Elavenil Valarivan won Gold in 10m Air Rifle event at ISSF World Cup Finals, Putian (China)

PERFORMANCE HIGHLIGHTS

ISSF WORLD CUP, CHANGWON

Silver – DIVYANSH PANWAR

ISSF WORLD CUP, MUNICH

Gold – SAURABH CHAUDHARY

ISSF WORLD CUP, RIO

Gold – ELAVENIL VALARIVAN

Bronze – SAURABH CHAUDHARY

ISSF WORLD CUP FINALS, PUTIAN

Gold – DIVYANSH PANWAR

Gold – ELAVENIL VALARIVAN

ISCH, HANNOVER

Bronze – HRIDAY HAZARIKA

SR. ASIAN CHAMPIONSHIP, DOHA

Gold – MANU BHAKER

Silver – SAURABH CHAUDHARY

JR. ASIAN CHAMPIONSHIP, DOHA

Gold – DHANUSH SRIKANTH

Gold – ESHA SINGH

Silver – SHREYA AGARWAL

JUNIOR WORLD CUP, SUHL

Gold – ANISH BHANWALA

Gold – ELAVENIL VALARIVAN

Silver – ESHA SINGH

Silver – MEHULI GHOSH

GRAND PRIX OF PLZEN

Bronze – ARJUN BABUTA

Bronze – HRIDAY HAZARIKA

SOUTH ASIAN GAMES, NEPAL

Gold – ANISH BHANWALA

Gold – MEHULI GHOSH

SR. NATIONAL CHAMPIONSHIP '19

Gold – ANISH BHANWALA

Gold – DIVYANSH PANWAR

Gold – MANU BHAKER

Gold – SAURABH CHAUDHARY

Silver – MEHULI GHOSH

Bronze – YASH VARDHAN

JR. NATIONAL CHAMPIONSHIP '19

Gold – ANISH BHANWALA

Gold – DIVYANSH PANWAR

Gold – MANU BHAKER

Gold – MANAVADITYA RATHORE

Gold – MEHULI GHOSH

Silver – YASH VARDHAN

Bronze – HRIDAY HAZARIKA

KHELO INDIA GAMES 2020, GUWAHATI

Gold – HARSHWARDHAN YADAV

Silver – HRIDAY HAZARIKA

Silver – MANAVADITYA RATHORE

21 WRESTLERS
Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO
WRESTLING



Junior female wrestlers at a training session during an OGQ fitness camp at PDCSE, Bengaluru



Junior wrestler Udit being treated by OGQ physiotherapist Shubham Gupta in New Delhi



Strength & Conditioning trainer Akshay Bhapkar in session with wrestler Ravinder



Junior wrestlers Anshu and Sonam sparring during their strength & conditioning camp in Bengaluru



OGQ nutritionist Tajinder Kaur assessing body-composition of junior wrestler Anshu



Rehab session for Pooja Gahlot with OGQ physiotherapist Munesh Kumar



OGQ organized a 3-week Strength & Conditioning camp for 4 junior wrestlers (Meenakshi, Sonam, Anshu and Mansi) at PDCSE, Bengaluru



Wrestler Sarita Mor with OGQ physiotherapist Zeinia Samar at Selection Trials in Lucknow



Divya Kakran in a technical session with foreign coach Vladimir Mestverishvili in Kazakhstan



OGQ physiotherapist Rucha Kashalkar treating Vinesh Phogat at SAI centre, Lucknow



Wrestler Anshu in a session with OGQ S&C trainer Akshay Bhapkar and physio Vidhya Kumari



Wrestler Sandeep Tomar with OGQ Nutritionist Tajinder Kaur at SAI Sonapat

WRESTLING SENIORS

10 SR. WRESTLERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 2 senior wrestlers.



WRESTLING SENIORS



VINESH PHOGAT

AGE: 27 years

WEIGHT CATEGORY: 53 Kgs

HOMETOWN: Balali Village, Haryana

TRAINS AT: SAI Centre, Lucknow

PERFORMANCE HIGHLIGHTS:

Bronze – World Championship, Russia, 2019
Gold – President Cup, Indonesia, 2019

OGQ SUPPORT:

- Personal foreign coach fees
- Domestic training
- Personal physiotherapist
- Sports science & medical support
- International training
- Sports kit & equipment



RAVI KUMAR

AGE: 22 years

WEIGHT CATEGORY: 57 Kgs

HOMETOWN: Nahri Village, Haryana

TRAINS AT: Chhatrasal Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

Silver – World Championship, Russia, 2019
Gold – Asian Championship, Thailand, 2019

OGQ SUPPORT:

- Personal foreign coach fees
- Gym equipment & sports kit
- Sports science & medical support
- Domestic training
- International training & competition
- Monthly stipend & sports kit
- Personal physiotherapy & nutrition

WRESTLING SENIORS



DIVYA KAKRAN

AGE: 21 years

WEIGHT CATEGORY: 65 Kgs

HOMETOWN: New Delhi

TRAINS AT: Choturam Wrestling Academy, New Delhi

PERFORMANCE HIGHLIGHTS:

Gold – Asian Championship, 2020
Bronze – Asian Championship 2019

OGQ SUPPORT:

- Personal foreign coach fees
- Domestic training
- Sports science & medical support
- Sports kit, stipend & equipment
- International training

WRESTLING SENIORS



SARITA MOR

AGE: 24 years

WEIGHT CATEGORY: 57 Kgs

HOMETOWN: Nidani, Haryana

TRAINS AT: Chhatrasal Stadium, New Delhi

PERFORMANCE HIGHLIGHTS:

Gold – South Asian Games, Nepal 2019
Gold – Asian Championship, New Delhi 2020

OGQ SUPPORT:

- Sports science & medical support
- Sports kit & equipment
- Domestic training
- Tournament in Italy
- Personal coach fees



POOJA GAHLOT

AGE: 22 years

WEIGHT CATEGORY: 53 Kgs

HOMETOWN: Rohtak, Haryana

TRAINS AT: Choturam Wrestling Academy, New Delhi

PERFORMANCE HIGHLIGHTS:

Silver – Under 23 World Championships, 2019
Gold – Under 23 National Championships, 2019

OGQ SUPPORT:

- Domestic training
- Sports kit & stipend
- Sports science & medical support
- Physiotherapist



SUMIT

AGE: 27 years

WEIGHT CATEGORY: 125 Kgs

HOMETOWN: New Delhi

TRAINS AT: Chhatrasal Stadium, New Delhi

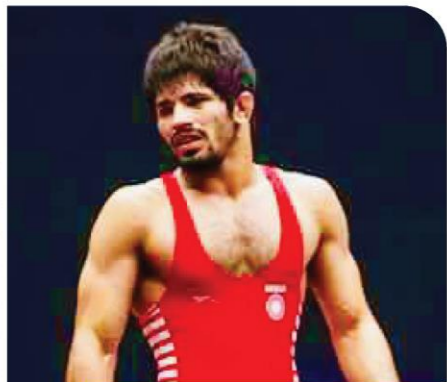
PERFORMANCE HIGHLIGHTS:

Bronze – Asian Championships, China 2019
Gold – South Asian Games, Nepal 2019

OGQ SUPPORT:

- Personal foreign coach fees
- Gym equipment & sports kit
- Sports science & medical support
- Domestic training
- Monthly Stipend
- Personal physiotherapy & nutrition
- International training

WRESTLING SENIORS



SHARVAN

AGE: 22 years

HOMETOWN: Sonapat, Haryana

TRAINS AT: Chhatrasal Stadium, New Delhi

WEIGHT CATEGORY: 65 Kgs

INJURY UPDATE:

Was recovering from knee surgery

OGQ SUPPORT:

Gym equipment & sports kit

Personal foreign coach fees

Sports science & medical support

Domestic training

Personal physiotherapy & nutrition

International training



NAVEEN

AGE: 21 years

HOMETOWN: Hisar, Haryana

TRAINS AT: Chhatrasal Stadium, New Delhi

WEIGHT CATEGORY: 57 Kgs

INJURY UPDATE:

Was recovering from shoulder injury

OGQ SUPPORT:

Personal foreign coach fees

Gym equipment & sports kit

Sports science & medical support

Physiotherapy & nutrition

Domestic training

International training

FUN FACT

Khashaba Dadasaheb Jadhav: First Indian to win an Olympic Medal in Wrestling

KD Jadhav was a lean boy and stood at only 5'5" but the Indian wrestler, also referred to as the Pocket Dynamo, dwarfed the far bigger athletes in his sport.

K.D. Jadhav was initially not picked in the contingent for the Helsinki 1952 Olympics. He had beaten the national flyweight champion Niranjan Das, standing over six feet tall and well-built, twice within minutes in Lucknow. When the authorities did not budge still, he wrote to the Maharaja of Patiala, who arranged a third bout between the two. KD Jadhav wasted no time in pinning Das down again and finally had the chance to fulfill his dream again.

However, there was no one to fund him. The then 27-year-old ran from pillar to post, gathering some money from the villagers and the biggest contribution came from his former principal, who mortgaged his own house, to lend him Rs 7,000.

K.D. Jadhav went onto become the first Indian wrestler to win an Olympic medal when he won the Bronze medal at the Helsinki Olympics in 1952.

OGQ Junior Scholarship Program

WRESTLING JUNIORS

11 JR. WRESTLERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 2 junior wrestlers.

WRESTLING JUNIORS

Break-up of total spends for junior wrestlers are as follows:

Deepak Punia

Anshu

Sonam Malik

Ankush

Mansi

Ravinder

Aman

Udit

Rahul Gulia

AREAS OF SUPPORT:

- Foreign Coaching under Vladimir Mestverishvili (from Georgia)
- Physiotherapy
- Strength & Conditioning
- Nutrition
- Sports Psychology
- Sports Science Assessment
- Participation in International & Domestic Tournaments
- Monthly Stipend





Sonam became the 2019 Cadet World Champion in 65 Kgs wt. category (Bulgaria)



Anshu became the Junior Asian Champion in 59 kgs wt. category (Thailand)



Ravinder became the 2020 Junior National Champion in 61 kgs (Himachal Pradesh)



Udit won a Silver medal at the Khelo India Games 2020, Guwahati



Aman with his Bronze Medal at the Cadet World Championship 2019, Bulgaria

JUNIOR PERFORMANCE HIGHLIGHTS

SENIOR WORLD CHAMPIONSHIP, KAZAKHSTAN, 2019

DEEPAK PUNIA
Silver - 86 Kgs

SENIOR ASIAN CHAMPIONSHIP, NEW DELHI, 2020

ANSHU
Bronze - 59 Kgs

DEEPAK PUNIA
Bronze - 86 Kgs

JUNIOR WORLD CHAMPIONSHIP, ESTONIA, 2019

DEEPAK PUNIA
Gold - 86 Kgs

JUNIOR ASIAN CHAMPIONSHIP, THAILAND, 2019

ANSHU
Gold - 59 Kgs

SOUTH ASIAN GAMES 2019, NEPAL

ANSHU
Gold - 59 Kgs

CADET WORLD CHAMPIONSHIP, BULGARIA, 2020

SONAM MALIK
Gold - 65 Kgs

AMAN
Bronze - 55 Kgs

CADET ASIAN CHAMPIONSHIP, KAZAKHSTAN, 2020

AMAN
Gold - 55 Kgs

SONAM MALIK
Silver - 65 Kgs

YASAR DOGU RANKING SERIES, ISTANBUL, 2019

DEEPAK PUNIA
Silver - 86 Kgs

KHELO INDIA GAMES GUWAHATI, 2020

AMAN
Gold (U-17) - 60 Kgs

UDIT
Silver (U-17) - 55 Kgs

SENIOR NATIONAL CHAMPIONSHIP, JALANDHAR, 2019

ANSHU
Gold - 59 Kgs

ANKUSH
Silver - 53 Kgs

MANASI
Bronze - 57 Kgs

U-23 NATIONAL CHAMPIONSHIP, SHIRDI, 2019

ANKUSH
Bronze - 53 Kgs

JUNIOR NATIONAL CHAMPIONSHIP, MANDI, 2020

RAVINDER
Gold - 61 Kgs

MANASI
Gold - 57 Kgs

34 ARCHERS
Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO
ARCHERY



OGQ Physiotherapist Aalaap Jawadekar treating archer Himani



OGQ Physiotherapist Abhishek Wagh treating archer Madhu Vedwan



Archers Atanu Das and Deepika Kumari with mental trainer Mugdha Bavare (centre) at Asian Championship, Bangkok



Warm-up session for archers before National Championship in Cuttack



OGQ Strength & Conditioning Trainer Akshay Bhapkar in session with archer Paras Hooda

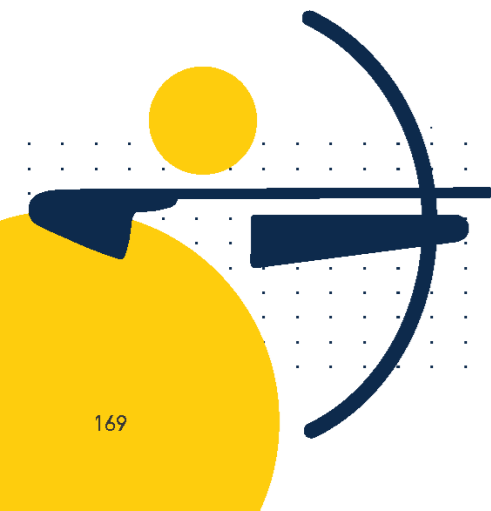


OGQ Team with archers and officials at Army Sports Institute, Pune

ARCHERY SENIORS

14 SR. ARCHERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 2 senior archers.



ARCHERY SENIORS



DEEPIKA KUMARI

AGE: 25 years

EVENT: Individual Recurve

HOMETOWN: Ranchi, Jharkhand

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Bronze - (Mixed Team & Women's Team)
Asian Championship, Bangkok, 2019

OGQ SUPPORT:

Archery bow & accessories

Domestic training

Sports science & medical support

International training

Sports psychology

Sports Kit



BOMBAYLA DEVI

AGE: 35 years

EVENT: Individual Recurve

HOMETOWN: Imphal, Manipur

TRAINS AT: Railway Camp, Chitranjan,
West Bengal

PERFORMANCE HIGHLIGHTS:

Bronze (Women's Team) -
Asian Championship, Bangkok 2019

OGQ SUPPORT:

Sports science & medical support

Archery equipment

Domestic training

Sports Kit

ARCHERY SENIORS



ATANU DAS

AGE: 28 years

EVENT: Individual Recurve

HOMETOWN: Kolkata, West Bengal

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver (Men's Team) – World Championship, Netherlands 2019

Bronze (Individual) – Asian Championship, Bangkok, 2019

OGQ SUPPORT:

Domestic training

Archery equipment

Sports science & medical support

International training

Sports psychology

Sports kit & stipend

ARCHERY SENIORS



PRAVIN JADHAV

AGE: 24 years

EVENT: Individual Recurve

HOMETOWN: Satara, Maharashtra

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver (Men's Team) – World Championship, Netherlands 2019

OGQ SUPPORT:

Personal foreign coach fees

Archery bow & other accessories

Domestic training

Sports kit & stipend

Sports science & medical support

Training in South Korea



TARUNDEEP RAI

AGE: 36 years

EVENT: Individual Recurve

HOMETOWN: Namchi, Sikkim

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Silver (Men's Team) – World Championship, Netherlands 2019

OGQ SUPPORT:

Archery bow & accessories

Domestic & international training

Sports science & medical support

Sports Kit



MADHU VEDWAN

AGE: 23 years

EVENT: Individual Recurve

HOMETOWN: Baghpat, Uttar Pradesh

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Quarters (Women's Team) – World Cup, Berlin, 2019

OGQ SUPPORT:

Personal foreign coach fees

Domestic training

Archery equipment

Sports kit & stipend

Sports science support

Training in South Korea

ARCHERY SENIORS



ANKITA BHAKAT

AGE: 21 years

EVENT: Individual Recurve

HOMETOWN: Kolkata, West Bengal

TRAINS AT: TATA Archery Academy, Jamshedpur

PERFORMANCE HIGHLIGHTS:

Silver - Asian Olympic Qualifying Tournament, 2019
Silver - Selection Trials 2019, Sonapat

OGQ SUPPORT:

Archery bow & other accessories

Sports kit & stipend

Domestic training

Sports science & medical support

ARCHERY SENIORS



PROMILA DAIMARY

AGE: 22 years

EVENT: Individual Recurve

HOMETOWN: Kokrajhar, Assam

TRAINS AT: Kokrajhar, Assam

PERFORMANCE HIGHLIGHTS:

Round 3 - Asian Championship 2019, Bangkok

OGQ SUPPORT:

Sports science & medical support

Sports kit & stipend

Archery equipment

Domestic training



ATUL VERMA

AGE: 22 years

EVENT: Individual Recurve

HOMETOWN: Lucknow, UP

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Bronze - Selection Trials 2019, Sonapat

OGQ SUPPORT:

Domestic training

Sports science support

Archery equipment

Sports kit & stipend

Medical support & supplements



SUKHCHAIN SINGH

AGE: 23 years

EVENT: Individual Recurve

HOMETOWN: Ludhiana, Punjab

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Quarters (Men's Team) - World Cup, Shanghai, 2019

OGQ SUPPORT:

Archery bow & other accessories

Domestic training

Sports science & medical support

Sports Kit

ARCHERY SENIORS



INDRACHAND SWAMI

AGE: 23 years

EVENT: Individual Recurve

HOMETOWN: Churu, Rajasthan

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Featured in top 12 for Olympic Selection Trials

OGQ SUPPORT:

Personal foreign coach fees

Archery bow & other accessories

Domestic training

Sports science & medical support

Sports Kit



ISHITA

AGE: 23 years

EVENT: Individual Recurve

HOMETOWN: New Delhi

TRAINS AT: Army Sports Institute, Pune

PERFORMANCE HIGHLIGHTS:

Featured in top 12 for Olympic Selection Trials

OGQ SUPPORT:

Personal foreign coach fees

Domestic training

Equipment

Sports science & medical support

Training in South Korea

Sports kit & stipend

FUN FACT

The Unbeatables

Archery was introduced as an Olympic Sport in Seoul 1988. Since then, South Korea has won the Gold medal in the Women's team event in every Olympics. This unprecedented domination of the event still lasts after nearly 3 decades and 8 Olympic Games where the South Korean Women's team has never been beaten.

TRAINING UNDER KOREAN COACH KIM HAG YONG

Coach Kim Hag Yong has been working with young archers supported by OGQ for the last 3 years at the Army Sports Institute, Pune. Coach Kim has previously worked with South Korean senior and junior teams.

Archers who trained under him for FY 2019-20 are:
Akash Malik*, Dhiraj B, Indrachand Swami, Ishita, Madhu Vedwan and Pravin Jadhav.

Some notable achievements of archers training with Kim Hagyong are as follows:

PRAVIN JADHAV

Team Silver & Olympic Quota, World Championships, Netherlands 2019

AKASH MALIK (JUNIOR)

Silver, Youth Olympics, Argentina 2018

DHIRAJ B (JUNIOR)

Silver – Youth Asian Championships, Bangladesh 2017

Pravin, Dhiraj and Madhu are currently part of the top 8 Indian archers who will undergo selection trials for a place in the Indian team for the Tokyo 2020 Olympics.

*Junior archers

TRAINING UNDER KOREAN COACH KIM HAGYONG



OGQ supported archers with Coach Kim Hagyong visiting the Win & Win Archery factory in South Korea

OGQ Junior Scholarship Program

ARCHERY JUNIORS

20 JR. ARCHERS
Supported by OGQ
in FY 2019-20

OGQ has a robust bi-annual performance review of all athletes.
Based on this review, we have discontinued support
to 1 junior archer.

ARCHERY JUNIORS

Break-up of total spends for junior archers are as follows:

Akash Malik

Dhiraj B

Sukhmani Babrekar

Gaurav Lambe

Komolika Bari

Paras Hooda

Sachin Gupta

Himani

Tisha Sancheti

Training under Coach Jae Kyun Choi

AREAS OF SUPPORT:

- Foreign Coaching under Korean coaches Kim Hag Yong and Jaekyun Choi
- Archery Equipment
- Physiotherapy
- Strength & Conditioning
- Nutrition
- Sports Psychology
- Sports Science Assessment
- Participation in International & Domestic Tournaments

TRAINING FOR JUNIORS UNDER KOREAN COACH JAE KYUN CHOI

OGQ and Army Sports Institute (ASI) Pune, jointly identified 10 young talented archers with a long-term goal to help them achieve International success. The shortlisted archers are as mentioned below:

- | | |
|--------------------|-----------------------------|
| 1. Aman Yadav | 6. N.Gopinath |
| 2. Bishal Changmai | 7. Mayengbam Lalamba Meitei |
| 3. Jiwan Deogam | 8. Sourav Kumar Prasad |
| 4. Julen Gope | 9. Vijay Kukuda |
| 5. Mausam Gagrai | 10. Yaman Kumar |

All these 10 archers are from the Boys Sports Company of the Army Sports Institute. A comprehensive selection trial encompassing physical and technical tests were held to select these archers.

Our main focus is to build a strong technical base for these archers with coach Choi's experience of working with top teams around the world.

TRAINING FOR JUNIORS UNDER KOREAN COACH JAE KYUN CHOI



Junior archers training under Korean Coach Jaen Kyun Choi at Army Sports Institute, Pune

8 PLAYERS
Supported by OGQ
in FY 2019-20

OGQ SUPPORT TO
ADDITIONAL SPORTS



Cool-down session for Mirabai Chanu at NIS Patiala



Mirabai Chanu in a fitness session at NIS Patiala



Mental Trainer Mugdha Bavare, Mirabai Chanu and OGQ Nutritionist Uma Kale in Mumbai



The OGQ team visits Mirabai Chanu at the National Institute of Sports, Patiala



Body Composition Analysis being done by Nutritionist Uma Kale



Mirabai Chanu broke her own record by lifting a total of 203 Kgs (Snatch - 88 Kgs, Clean & Jerk - 115 Kgs) at the National Weightlifting Championship 2020, Kolkata

OGQ SUPPORT TO WEIGHTLIFTING

WEIGHTLIFTING

1 SR. ATHLETE
Supported by OGQ
in FY 2019-20



WEIGHTLIFTING SENIOR



MIRABAI CHANU

AGE: 26 years

WEIGHT CATEGORY: 49 Kgs

HOMETOWN: Imphal East, Manipur

TRAINS AT: National Institute of Sports, Patiala

PERFORMANCE HIGHLIGHTS:

Gold - Commonwealth Championship, Samoa, 2019

Gold - Qatar International Cup, 2019

Gold - Senior National Championship, Kolkata, 2020

OGQ SUPPORT:

Sports science support*

Domestic training

Airboots - recovery equipment

Monthly stipend

Sports Kit

Weightlifting shoes & fitness equipment

*Includes personal physiotherapist, sports psychologist, masseuse and nutritionist



Long Jumper Shaili Singh in action at the Junior National Championship 2019, Bengaluru



Javelin thrower Shivpal Singh in action at the Athletics World Championship 2019, Doha



Shaili Singh being treated by OGQ physiotherapist Sidharth Sakalle at SAI Centre, Bengaluru



Javelin Thrower Kunwer Ajay in action at the Junior National Championship 2019, Bengaluru



Javelin thrower Sahil Silwal won the Gold medal at Qasanov Memorial Meet 2019, Kazakhstan

OGQ SUPPORT TO ATHLETICS

ATHLETICS

4 ATHLETES
Supported by OGQ
in FY 2019-20

2 Senior Athletes | 2 Junior Athletes

ATHLETICS SENIORS



SHIVPAL SINGH

AGE: 24 years

EVENT: Javelin Throw

HOMETOWN: Varanasi, Uttar Pradesh

TRAINS AT: National Institute of Sports, Patiala

PERFORMANCE HIGHLIGHTS:

Gold - World Military Games, China, 2019

Gold - International Meet, Czech Republic, 2019

OGQ SUPPORT:

Sports science & medical support

Monthly stipend

Purchase of javelin

Sports training kit

Domestic training



SAHIL SILWAL

AGE: 19 years

EVENT: Javelin Throw

HOMETOWN: Hisar, Haryana

TRAINS AT: National Institute of Sports, Patiala

PERFORMANCE HIGHLIGHTS:

Gold - Qasanov Memorial Meet, Kazakhstan, 2019

Gold - Kolpakova Memorial, Kyrgyzstan, 2019

OGQ SUPPORT:

Sports training kit

Monthly stipend

Domestic training

Sports Science & medical support

Purchase of javelin

Medical supplements



OGQ JUNIOR SCHOLARSHIP PROGRAM

ATHLETICS JUNIORS

BREAK UP OF SPENDS

Shaili Singh

Kunwer Ajay

PERFORMANCE HIGHLIGHTS

JUNIOR NATIONAL CHAMPIONSHIP 2019

SHAILI SINGH

Gold & National Record
Long Jump

KUNWER AJAY

Silver
Javelin Throw

KHELO INDIA GAMES 2020

KUNWER AJAY

Bronze (U-21)
Javelin Throw

MAJOR AREAS OF SUPPORT:

- Foreign Coaching
- Javelin
- Strength and Conditioning
- Nutrition
- Sports Psychology
- Sports Science Assessment
- Participation in International & Domestic Tournaments
- Monthly Stipend

GRIT & RESILIENCE



I still remember training in Palam (a major suburb and residential colony in South West Delhi). Everyone knows how harsh Delhi winters are. Now imagine training in that. You would have people with 2-3 layers covering themselves, while I would be out here sweating. It used to be that bad. I would feel really bad back then. But when I look back now, I think those days and that training is what's made me the athlete that I am today.

- Shivpal Singh who won the quota for Tokyo 2020 earlier this year at Potchefstroom, South Africa





Diya Chitale in action



Archana Kamath with mentor Neha Agarwal (2008 Beijing Olympian in Table Tennis)



Diya Chitale with coach Sachin Shetty and parents at the Khelo India Games 2020, Guwahati



Archana Kamath in action

OGQ SUPPORT TO
**TABLE
TENNIS**

TABLE TENNIS

2 ATHLETES
Supported by OGQ
in FY 2019-20

1 Senior Player | 1 Junior Player

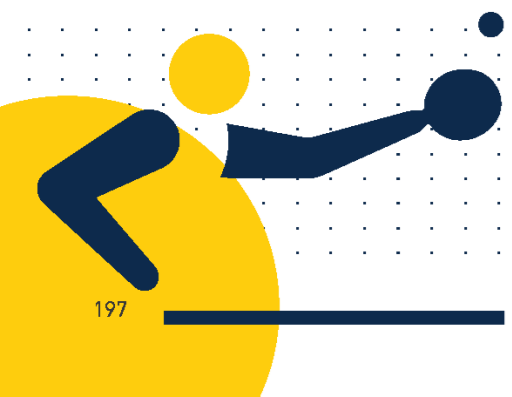


TABLE TENNIS



AGE: 19 years

EVENT: Women's Singles

HOMETOWN: Bengaluru, Karnataka

TRAINS AT: Centre for Sports Excellence, Bengaluru

PERFORMANCE HIGHLIGHTS:

U-21 World Ranking – 2nd (January 2020)

Gold (XD) – Commonwealth Championship, Cuttack, 2019

OGQ SUPPORT:

Foreign coach training in Germany

Domestic training & tournaments

Table tennis equipment

Sports science support

OGQ JUNIOR SCHOLARSHIP PROGRAM

TABLE TENNIS JUNIOR

BREAK UP OF SPENDS

Diya Chitale

PERFORMANCE HIGHLIGHTS

NATIONAL CHAMPIONSHIP, JAMMU 2019

DIYA CHITALE
Gold (U-18 WS)

DIYA CHITALE
Gold (U-21 WS)

KHELO INDIA GAMES 2020

DIYA CHITALE
Gold (U-17 WS)

DIYA CHITALE
Bronze (U-17 WD)

MAJOR AREAS OF SUPPORT:

- Foreign Coaching
- Strength and Conditioning
- Nutrition
- Sports Psychology
- Sports Science Assessment
- Participation in International & Domestic Tournaments
- Monthly Stipend

NEVER BACK DOWN

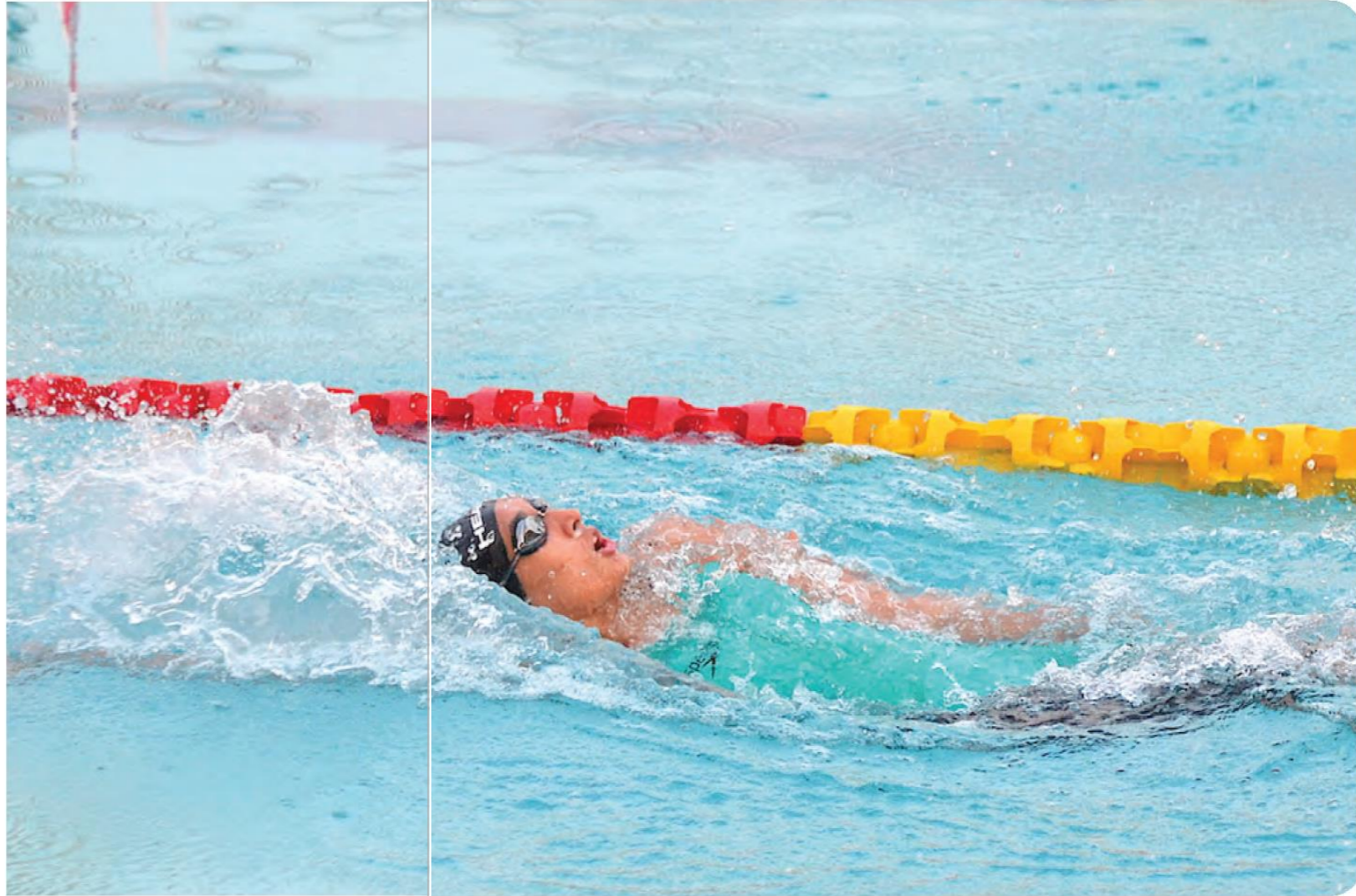
In October 2018, at the Youth Olympic Games in Buenos Aires, Archana put her name in the history books by becoming the first Indian ever to reach the semifinals of the Games in table tennis.

The eventful Games were a reflection of Archana's tremendous form in 2018. She bagged eight gold, three silver and six bronze medals across national and international events that year. In one of her finest performances, Archana won three gold medals, triumphing in singles, doubles and team sections at the South Asian Junior Championships.

"I love the sport. There is no greater joy than playing table tennis. Representing my country is a big honour. My aim is to win a medal for India at the Olympics" says the 19 year old TT champ.



Maana Patel won the Gold medal in 50m and 100m backstroke, 4x100 medley and freestyle relay at the 2019 SAF Games, Nepal



Maana Patel in action

OGQ SUPPORT TO
SWIMMING

SWIMMING

1 ATHLETE

Supported by OGQ
in FY 2019-20

SWIMMING SENIORS



MAANA PATEL

AGE: 20 years

EVENT STYLE: Backstroke (50m, 100m, 200m)

HOMETOWN: Ahmedabad, Gujarat

TRAINS AT: Glenmark Aquatic Foundation, Mumbai

PERFORMANCE HIGHLIGHTS:

Asian Age Group Championship, Bengaluru
Gold - 50m Backstroke
Silver - 100m Backstroke
Silver - 200m Backstroke

OGQ SUPPORT:

Sports science support
Domestic training
Monthly stipend & kit
Training equipment





OGQ TEAM

MANAGEMENT TEAM AND SPORTS SCIENCE TEAM

OGQ Team at the Annual Workshop, October 2019

OGQ MANAGEMENT TEAM

VIREN RASQUINHA

Director & CEO

YATIN BHATKAR

Head - Athlete Management

VAIBHAV TANDON

Head - Strategic Initiatives

ANUKOOL BHARADWAJ

Head - Research & Analysis

NEHA AGGARWAL

Head - Partnerships & Communication

SHWETA SURATKAL

Head - Administration & Compliance

SIDDIQUE SHAIKH

Head - Accounts

VIVEK PATHAK

Head - I.T & Website

JYOTI KANWATIA

Senior Manager - Research & Analysis

ASHISH KOCHAR

Senior Manager - Athlete Management

TRISHA PANCHAL

Senior Manager - Administration

DHWANI PANCHAL

Manager - Strategic Initiatives

MOHAMMAD ARBAAZ

Manager - Accounts

VINOD NARSINGKAR

Office Assistant

OGQ SPORTS SCIENCE TEAM

PHYSIOTHERAPISTS

Poornima Raman
Siddharth Sakalle
Sumita Jain
Aalaap Jawadekar
Shloka Varvatkar
Munesh Kumar
Rucha Kashalkar
Abdul Wahid
Zeinia Samar

Deepika Sinam Devi
Shubham Gupta
Chinmay Bhide
Pushkar Ganoo
Sumya Halder
Vidhya Kumari
Abhishek Wagh
Alok Kumar

STRENGTH & CONDITIONING TRAINERS

Moby Duyu
Amey Kolekar
Akshay Bhapkar
Siddhant Shipurkar
Lakshay Batra

NUTRITIONISTS

Tajinder Kaur
Uma Kale
Sharmada Venkat

SPORTS SCIENCE CONSULTANTS

SPORTS SCIENCE CONSULTANT

Nikhil Latey

SURGEONS

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

ENT SPECIALIST

Dr. Sarvejit Singh

RADIOLOGISTS

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

OPHTHALMOLOGIST

Dr. Tinku Bali
Dr. Sheetal Kishanpuria

STRENGTH & CONDITIONING TRAINER

Harnarayan Kaur

SPORTS PSYCHOLOGISTS

Mugdha Bavare
Gayatri Vartak
Janki Rajapurkar
Vaibhav Agashe

PHYSIOTHERAPISTS

Shivani Bharuka

OBSTETRICIAN & GYNAECOLOGIST

Dr. Kiranjit Kaur

SPORTS MEDICINE SPECIALIST

Dr. Kenjom Ngomdir

DONATION DETAILS

RTGS/NEFT

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

ONLINE DETAILS

You can also make an online donation on this link:
olympicgoldquest.in/donate-now.php

CHEQUE / DEMAND DRAFT FAVOURING

'Foundation for Promotion of Sports and Games'

Can be sent to:

Olympic Gold Quest, 5th Floor, Anand 105 Building,
Ambedkar Road, Bandra West, Mumbai - 400050

BENEFITS OF ASSOCIATION WITH OGQ



NATIONAL PRIDE:

Partner in a national cause of creating Olympic champions.



TRANSPARENCY:

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



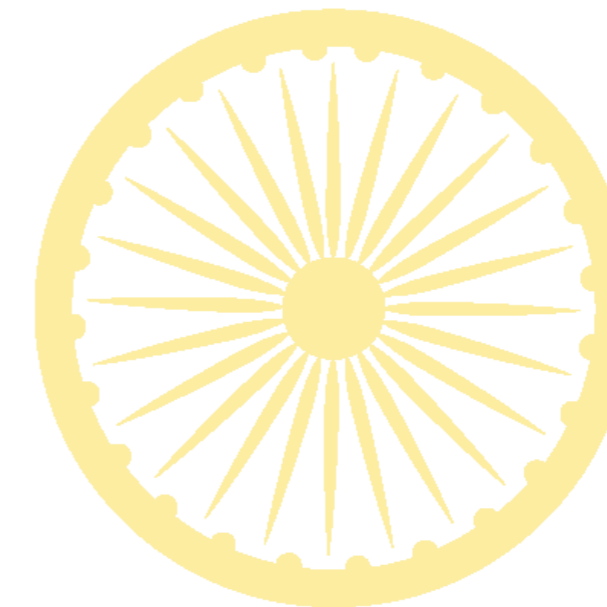
50% TAX BENEFIT:

Through Section 80G valid till perpetuity of the Income Tax Act.



CSR:

OGQ is CSR compliant as per the Companies Act 2013.



Please note that OGQ is CSR Compliant and all donations to OGQ are eligible for the 80 G certificate which gives the donor 50% tax benefit.



OGQ

ANNUAL PERFORMANCE REPORT

2019-2020

Foundation for Promotion of Sports and Games