

NAVDEEP SINGH

Gold Medalist
Paris Paralympics 2024

Para Athletics
Javelin Throw
F41 - Short Stature

ANNUAL PERFORMANCE REPORT

F Y 2024 - 25

OGQ is a program of Foundation for Promotion of Sports & Games

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



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GEET SETHI

9-TIME WORLD CUE SPORTS CHAMPION;
CO-FOUNDER, OGQ

Dear OGQ supporters,

It was in the year 2000 that the idea of creating OGQ was born in my mind, on my return flight from Sydney where I was part of a dinner hosted for the Indian Olympic Contingent. Whilst Prakash and I formed the entity in 2001 it was only in 2007 that we received our first funding.

But the growth since then has been most rewarding and humbling and I can't thank you enough for being such solid supporters and believers in the OGQ mission.

The OGQ team has already identified high performance athletes who will be peaking at LA 2028 and are working with full focus and energy to provide them 'whatever is required' to achieve their full potential.

We have also tied up the services of some of the best foreign coaches in the world to work with the athletes in their respective disciplines.

The OGQ Coaches Program, now in its eighth year of running, is focusing on upskilling Indian coaches so that in the long run we can have our top juniors train under high quality Indian coaches.

At the grassroots we are supporting several academies across sports but the one that I am most excited about is the 'Weightlifting Warriors' programme to identify and nurture the next Mirabai Chanu.



Whilst the Paris Paralympics was outstanding, we could have done better in the 2024 Paris Olympics. My Board and I are optimistic about India reaching the double figure mark in the LA medal tally.

I thank my board for their deep involvement and belief in this cause as also our world class 120 member team on the ground led by the mercurial and intense Viren Rasquinha. Most importantly I thank our athletes who defy all odds to give their best for India.

GEET SETHI
Co-Founder

VIREN RASQUINHA

OLYMPIAN & FORMER INDIA HOCKEY CAPTAIN;
MD & CEO, OGQ

This last year was a bit of an emotional rollercoaster for me personally. Some key stats from the Paris Olympics and Paralympics:

- 49 athletes and 54 para athletes supported by OGQ qualified for the Paris Olympics and Paralympics respectively.
- The corresponding numbers were 29 and 24 respectively at Tokyo 2020.
- 4 out of 6 medal winners at the Olympics were supported by OGQ.
- 25 out of 29 medal winners at the Paralympics were supported by OGQ.
- Indian athletes finished Top 8 in 23 events at the Paris Olympics. Athletes in 18 of these events were supported by OGQ.

There were so many moments of joy at these mega events. **Manu Bhakar** won two Olympic medals in Pistol Shooting and became the first Indian athlete in history to win two medals at the same edition of an Olympics. This is one of the greatest case studies of a sporting comeback after her disappointment at Tokyo.

Aman Sehrawat won the bronze medal in Wrestling Men's 57 kgs and at the age of just 21 years, became the youngest Indian sportsperson ever to win an individual Olympic medal.

OGQ has been supporting Manu and Aman since they were 15 years old through our OGQ Junior Program and it has been a long journey with plenty of ups and downs.



















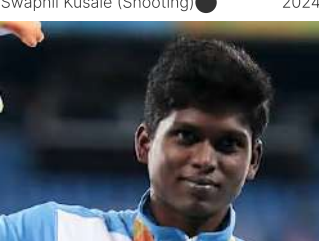







The Para athletes brought such immense joy to everybody with an exceptional performance of 29 medals at Paris, up from 19 medals at Tokyo. Our OGQ Para program is 6 years old and we now support more than 100 para athletes. It has been an incredible story of resilience and grit. Armless para archer **Sheetal Devi** (Mixed Team Compound Open) who won the bronze medal and many other Para athletes like **Navdeep Singh** (Gold medal in Para Javelin Short Stature), **Avani Lekhara** (Gold Medal in the 10m Air Rifle - Wheelchair User) teach us that nothing is impossible.

Sport can sometimes be beautiful and sometimes brutal. 6 athletes at the Paris Olympics finished in fourth place and missed a medal by a whisker. For all these six athletes, it was a case of so near and yet so far.














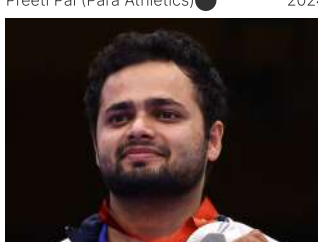



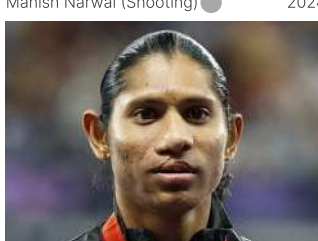






We are taking all the lessons from Paris and will keep fighting as we build towards LA2028.

VIREN RASQUINHA
Managing Director & CEO

OLYMPIC AND PARALYMPIC MEDALISTS SUPPORTED BY OGQ

 Gagan Narang (Shooting) ● 2012	 Mary Kom (Boxing) ● 2012	 Saina Nehwal (Badminton) ● 2012	 Vijay Kumar (Shooting) ● 2012
 P.V. Sindhu (Badminton) ● 2016	 Mirabai Chanu (Weightlifting) ● 2020	 P.V. Sindhu (Badminton) ● 2020	 Ravi Kumar (Wrestling) ● 2020
 Lovlina Borgohain (Boxing) ● 2020	 Manu Bhaker (Shooting) ● 2024	 Sarabjot Singh (Shooting) ● 2024	 Aman Sehrawat (Wrestling) ● 2024
 Swapnil Kusale (Shooting) ● 2024	 Krishna Nagar (Para Badminton) ● 2020	 Bhavina Patel (Para Table Tennis) ● 2020	 Devendra J (Para Athletics) ● 2020
 Mariyappan T (Para Athletics) ● 2020	 Nishad Kumar (Para Athletics) ● 2020	 Praveen Kumar (Para Athletics) ● 2020	 Yogesh Kathuniya (Para Athletics) ● 2020
 Singhraj Adhana (Para Shooting) ● 2020	 Harvinder Singh (Para Archery) ● 2020	 Singhraj Adhana (Para Shooting) ● 2020	 Navdeep Singh (Para Athletics) ● 2024

Since its inception, athletes supported by OGQ have brought home 48 Olympic and Paralympic medals. From London to Paris, they’ve delivered at the highest level: **13 Olympic medals across four Games, and 35 Paralympic medals in just two.**

 Praveen Kumar (Para Athletics) ● 2024	 Avani Lekhara (Para Shooting) ● 2024	 Nishad Kumar (Para Athletics) ● 2024	 Simran Sharma (Para Athletics) ● 2024
 Nitesh Kumar (Para Badminton) ● 2024	 Sachin Khilari (Para Athletics) ● 2024	 Preeti Pal (Para Athletics) ● 2024	 Ajeet Singh (Para Athletics) ● 2024
 Hokato Sema (Para Athletics) ● 2024	 Preeti Pal (Para Athletics) ● 2024	 Sundar Singh Gurjar (Para Athletics) ● 2024	 Rubina Francis (Para Shooting) ● 2024
 Sheetal Devi (Para Archery) ● 2024	 Manish Narwal (Shooting) ● 2024	 Thulasimathi M (Para Badminton) ● 2024	 Manisha Ramadass (Para Badminton) ● 2024
 Harvinder Singh (Para Archery) ● 2024	 Deepthi Jeevanji (Para Athletics) ● 2024	 Kapil Parmar (Para Judo) ● 2024	 Mariyappan T (Para Athletics) ● 2024
 Pranav Soorma (Para Athletics) ● 2024	 Mona Agarwal (Para Shooting) ● 2024	 Yogesh Kathuniya (Para Athletics) ● 2024	 Nitya Sre (Para Badminton) ● 2024



BOARD OF DIRECTORS



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



Prakash Padukone
All England Badminton
Champion;
Co-founder, OGQ



Viswanathan Anand
8-time World Chess
Champion



Niraj Bajaj
Arjuna Awardee in TT;
Chairman, Bajaj Auto



Shitin Desai
Trustee,
DSP Mutual Fund



R Ramaraj
Senior Advisor,
Elevor Equity



Rakesh Khanna
Founding Partner,
Ambit RSM(Since retired)



Sameer Koticha
Chairman & Founder,
ASK Group



Neeraj Bharadwaj
Managing Director,
Carlyle India



Vidya Shah
Executive Chairperson,
EdelGive Foundation



Meenakshi Ramesh
Executive Director,
United Way Chennai



Sundar Mahalingam
President-Strategy,
HCL



R. Srikrishna
CEO,
Hexaware Technologies



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



Mukesh Bansal
Tech Entrepreneur;
Co-founder, Myntra & Curefit

AMBASSADORS AND CHAPTER HEADS

OGQ AMBASSADORS | India



Rajiv Gupta
Managing Director & Senior Partner,
Boston Consulting Group (BCG)



Ashish Gupta
Founder & CEO,
Benori Knowledge



Utsav Baijal
Partner & Head of India Private Equity,
Apollo Global Management



Jaimin Bhatt
Former President & Group CFO,
Kotak Mahindra Bank Ltd.



Shantanu Deshpande
Founder & CEO,
Bombay Shaving Company



Rashmi Jalan
Founder,
Cocomo.in



**Maya Eashwar
Narayanaswamy**
Director,
Tattva Group



**T R Narayanaswamy
(Rahul)**
Co-founder & Group MD,
Tattva Group

OGQ Ambassadors are key supporters of our mission to build Olympic and Paralympic champions and share our belief in sport as a powerful force for nation-building. Their generous contribution of time to OGQ has been instrumental in amplifying our efforts and inspiring more people to join the movement. We are truly grateful for their dedication.

OGQ AMBASSADORS | Singapore



Ranodeb Roy
Co-founder; CEO & CIO,
RV Capital Management Pvt. Ltd



Arjun Shetty
Senior Portfolio Manager,
Millennium Investment
Management



Dr. Dipti Kamath
Emergency Medicine Consultant,
National University Hospital



Prantik Mazumdar
President - TIE Singapore

OGQ CHAPTER HEAD | Pune



Manish Sabade
CMD - Guardian Corporation
& Sports Supporter

ATHLETES AND SPORTS

SUPPORTED BY OGQ



Para badminton player Nitesh Kumar in action at Paris Paralympics

10 Olympic Sports

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

9 Paralympic Sports

- | | |
|----------------|-------------------|
| Para Archery | Para Shooting |
| Para Athletics | Para Judo |
| Para Canoe | Para Table Tennis |
| Para Badminton | Para Powerlifting |
| Para Swimming | |

434 Athletes Supported

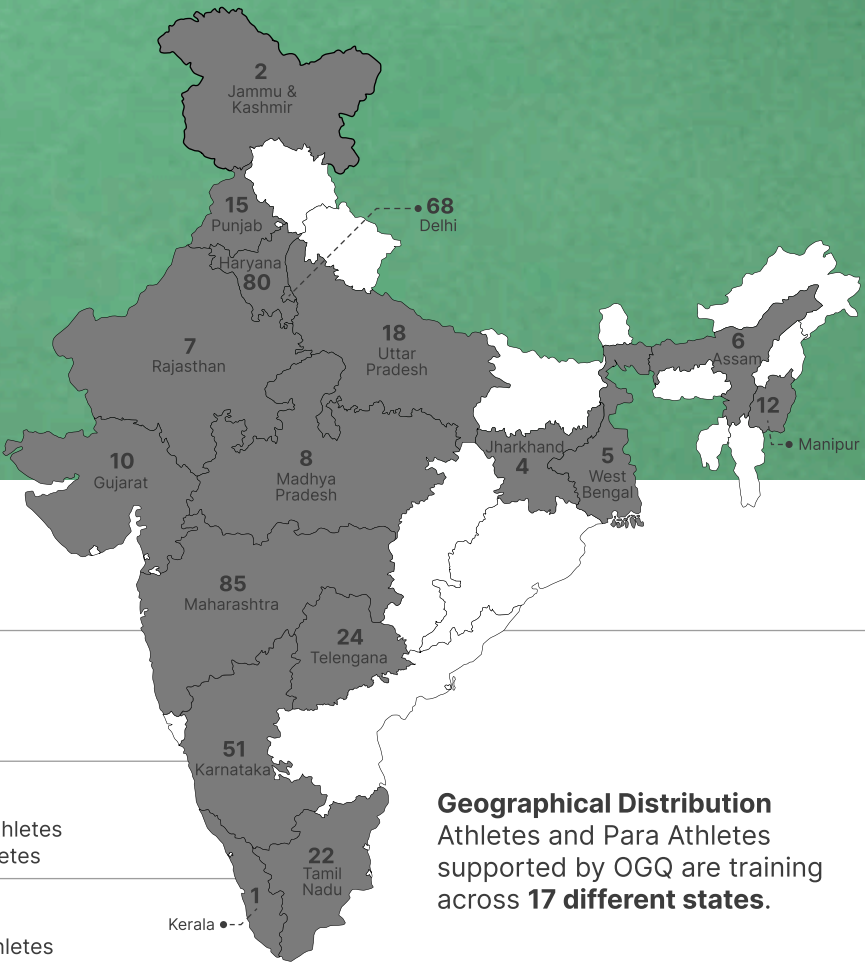
- | |
|---------------------|
| 211 Female Athletes |
| 223 Male Athletes |

319 Olympic Athletes

- | | |
|---------------------|---------------------|
| 178 Senior Athletes | 174 Female Athletes |
| 141 Junior Athletes | 145 Male Athletes |

115 Paralympic Athletes

- | | |
|--------------------|--------------------|
| 98 Senior Athletes | 37 Female Athletes |
| 17 Junior Athletes | 78 Male Athletes |



Geographical Distribution
Athletes and Para Athletes supported by OGQ are training across **17 different states**.

PARIS 2024

Performance by athletes
and para athletes
supported by OGQ

PARIS OLYMPICS 2024

Performance by Athletes supported by OGQ



BRONZE
Swapnil Kusale
Shooting - 50m Rifle 3Positions Men

BRONZE
Sarabjot Singh & Manu Bhaker
Shooting - 10m Air Pistol (Mixed Team)



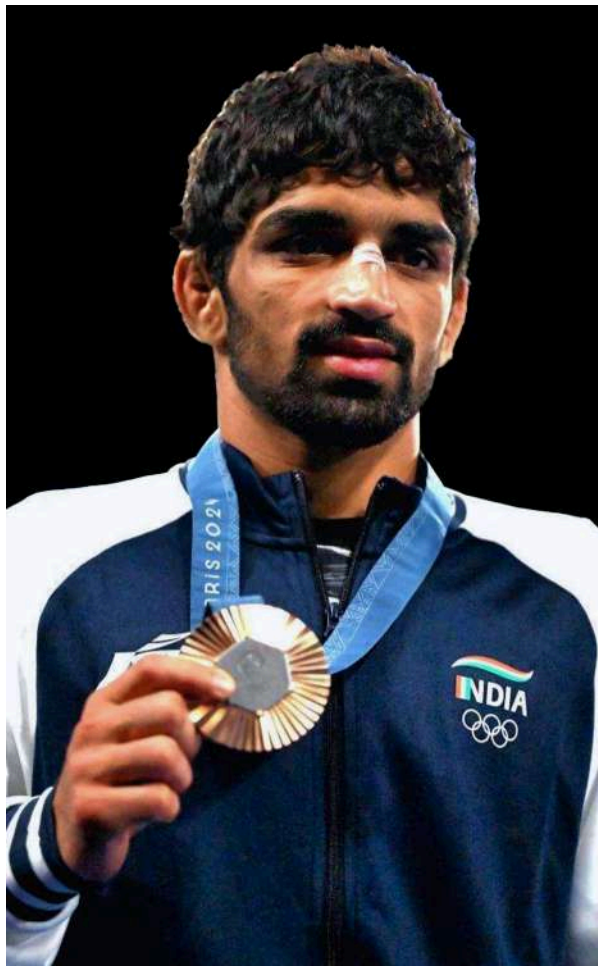
BRONZE
Manu Bhaker
Shooting - 10m Air Pistol Women

Shooting:
India's Best-Ever Olympic Medal Tally in a Sport
Manu Bhaker's two bronze medals and Swapnil Kusale's individual bronze made Paris 2024 a historic outing for Indian Shooting. With three medals, Shooting became India's most successful sport in terms of medal tally at a single edition of the Olympics - surpassing the previous record of two medals each in Shooting and Wrestling at London 2012.

All the 3 medal winners in shooting were athletes supported by OGQ, marking a significant milestone for the program's long term investment in sport.



4 out of the 6 medals at Paris were won by athletes supported by OGQ.



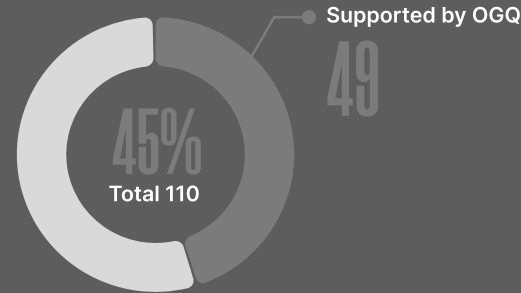
BRONZE
Aman Sehrawat
Wrestling, Men's 57kg

Wrestling:
A Medal Every Time Since 2008
India's Olympic medal streak in wrestling continued at Paris 2024 with Aman Sehrawat's bronze - making it five consecutive Olympic Games with a podium finish. OGQ has been supporting since he was 15 years old.

ATHLETE PARTICIPATION

Contingent Representation
110 athletes qualified across 16 sports for the Paris Olympics. Out of these, 49 athletes were supported by OGQ, including 9 supported through MOUs with SAI and NSFs.

SAI - Sports Authority of India
NSFs - National Sports Federations



Gender Representation



FOURTH PLACE FINISHES

All 4th place finishers were athletes supported by OGQ - each narrowly missing a medal but delivering performances that reflect world-class potential and relentless pursuit.

Manu Bhaker	Shooting (25m Sports Pistol)
Lakshya Sen	Badminton (Men's Singles)
Mirabai Chanu	Weightlifting (Women's 49kg)
Anantjeet Naruka & Maheshwari Chauhan	Shooting (Skeet Mixed Team)
Arjun Babuta	Shooting (Men's 10m Air Rifle)
Dhiraj Bommadevara & Ankita Bhakat	Archery (Recurve Mixed Team)

NOTABLE FIRSTS

Paris 2024 saw Indian athletes break new ground across multiple sports. From historic finishes and record-setting performances to unprecedented entries into Olympic semifinals and finals, this edition marked several “firsts” for the country. Many of these were achieved by athletes supported by OGQ:



Lakshya Sen (Badminton)
First Indian to reach Badminton Men’s Singles semifinals.



Anantjeet Naruka & Maheshwari Chauhan (Shooting)
First Indian Skeet Mixed Team to reach the Top 4.



Dhiraj Bommadevara & Ankita Bhakat (Archery)
First Indian Archery Mixed Pair in Olympic semifinals.



Mirabai Chanu (Weightlifting)
First Indian Weightlifter to compete in 3 Olympic Games.



Vinesh Phogat (Wrestling)
First Indian female Wrestler to compete in 3 Olympic Games.

OGQ JUNIOR PROGRAM IMPACT

The OGQ Junior Program made its strongest Olympic impact yet, with 23 of 49 athletes supported by OGQ at Paris 2024 coming through its ranks. From early scouting to world-class prep, the program is now shaping India’s biggest Olympic moments.



Aman Sehrawat (Wrestling)
Youngest Indian to win an individual Olympic medal. OGQ support since he was 14 years old.



Manu Bhaker (Shooting)
Youngest Indian shooter to win an Olympic medal. OGQ support since she was 16 years old.



Lakshya Sen (Badminton)
Youngest Indian badminton player to reach an Olympic semi-finals. OGQ support since he was 10 years old.

JUNIOR ATHLETE REPRESENTATION



23
of 49 athletes supported by OGQ were nurtured through the Junior Program.

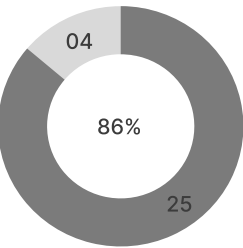


13
of 29 athletes supported by OGQ came through the Junior Program.

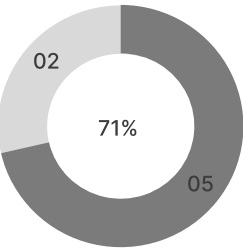
PARIS PARALYMPICS 2024

Performance by Para athletes supported by OGQ

OGQ'S MEDAL JOURNEY








25 of the 29 medals for India at Paris were won by para athletes supported by OGQ



5 out of India's 7 Gold medals at Paris 2024 were para athletes supported by OGQ

SPORT WISE MEDAL DISTRIBUTION OF PARA ATHLETES SUPPORTED BY OGQ

SPORT	MEDALS
 Para Athletics	14
 Para Archery	2
 Para Badminton	4
 Para Shooting	4
 Para Judo	1
TOTAL	25

Rise in Female Participation and Podium Finishes:

Female participation grew nearly 5x since Tokyo, and all 10 Indian female medalists at Paris were athletes supported by OGQ.



Success of Wheelchair Users:

3 out of 5 India's wheelchair-using medal winners were supported by OGQ.



Athlete Participation increased from 24 to 54:

The number of OGQ supported athletes qualifying for the Paralympics more than doubled from Tokyo to Paris.

Tokyo 2020 24

Paris 2024 54

Increase in participation of athletes supported by OGQ in Paralympics

Record-Breaking Medal Tally:

From 10 medals in Tokyo to 25 in Paris, the medal count by athletes supported by OGQ saw a 2.5x jump — our strongest Paralympic performance to date.

Tokyo 2020 10

Paris 2024 25

Increase in medal winners supported by OGQ in Paralympics.



Para Athlete Nishad Kumar in action at Paris Paralympics.



MEDAL WINNERS

Supported by OGQ at Paris Paralympics 2024

PARA ATHLETICS

SL.NO	MEDAL	ATHLETE	EVENT	IMPAIRMENT
1	Gold	Praveen Kumar	T64 - High Jump	Lower Limb
2	Gold	Navdeep Singh	F41 - Javelin Throw	Short Stature
3	Silver	Nishad Kumar	T47 - High Jump	Upper Limb
4	Silver	Yogesh Kathuniya	F56 - Discus Throw	Lower Limb
5	Silver	Ajeet Singh	F46 - Javelin Throw	Upper Limb
6	Silver	Sachin Khilari	F46 - Shot Put	Upper Limb
7	Silver	Pranav Soorma	F51 - Club Throw	Wheelchair User
8	Bronze	Preeti Pal	T35 - 100m Race	Cerebral Palsy
9	Bronze	Preeti Pal	T35 - 200m Race	Cerebral Palsy
10	Bronze	Deepthi Jeevanji	T20 - 400m Race	Intellectual
11	Bronze	Sundar Singh Gurjar	F46 - Javelin Throw	Upper Limb
12	Bronze	Mariyappan Thangavelu	T42 - High Jump	Lower Limb
13	Bronze	H Hokato Sema	F57 - Shot Put	Lower Limb
14	Bronze	Simran	T12 - 200m Race	Visual

PARA JUDO

SL.NO	MEDAL	ATHLETE	EVENT	IMPAIRMENT
1	Bronze	Kapil Parmar	J1 - Men's 60kgs	Visual

PARA BADMINTON

SL.NO	MEDAL	ATHLETE	EVENT	IMPAIRMENT
1	Gold	Nitesh Kumar	SL3 - Men's Singles	Lower Limb
2	Silver	Thulasimathi Murugesan	SU5 - Women's Singles	Upper Limb
3	Bronze	Manisha Ramadass	SU5 - Women's Singles	Upper Limb
4	Bronze	Nithya Sre	SH6 - Women's Singles	Short Stature

PARA SHOOTING

SL.NO	MEDAL	ATHLETE	EVENT	IMPAIRMENT
1	Gold	Avani Lekhara	SH1 - R2 Women's 10m Air Rifle	Wheelchair User
2	Silver	Manish Narwal	SH1 - P1 Men's 10m Air Pistol	Upper Limb
3	Bronze	Mona Agarwal	SH1 - R2 Women's 10m Air Rifle	Wheelchair User
4	Bronze	Rubina Francis	SH1 - P2 Women's 10m Air Pistol	Lower Limb

PARA ARCHERY

SL.NO	MEDAL	ATHLETE	EVENT	IMPAIRMENT
1	Gold	Harvinder Singh	Recurve Men Open	Lower Limb
2	Bronze	Sheetal Devi	Compound Mixed Team Open	Upper Limb



Shooter Manu Bhaker receiving the Khel Ratna award from the Honorable President of India Smt. Droupadi Murmu.

NATIONAL AWARD WINNERS

We're proud that 2 athletes supported by OGQ were honoured with the prestigious **Khel Ratna Award**, and 21 received the **Arjuna Award** this year.

These accolades celebrate their relentless hard work, resilience, and excellence at the highest level. Their success continues to make the nation proud, and OGQ is honoured to have been part of their journey.



Para High Jumper Praveen Kumar receiving the Khel Ratna Award from the Honorable President of India Smt. Droupadi Murmu.

ARJUNA AWARD WINNERS | 2025



Abhay Singh
Squash



Ajeet Singh Yadav
Para Athletics



Aman Sehrawat
Wrestling



Annu Rani
Athletics



H Hokato Sema
Para Athletics



Jeevanji Deepthi
Para Athletics



Kapil Parmar
Para Judo



Manisha Ramadass
Para Badminton



Mona Agarwal
Para Shooting



Navdeep Singh
Para Athletics



Nitesh Kumar
Para Badminton



Nithya Sre Sivan
Para Badminton



Nitu Ghanghas
Boxing



Pranav Soorma
Para Athletics



Preethi Pal
Para Athletics



Rubina Francis
Para Shooting



Sachin Khilari
Para Athletics



Sarabjot Singh
Shooting



Simran Sharma
Para Athletics



Swapnil Kusale
Shooting



Thulasimathi Murugesan
Para Badminton



OGQ IMPACT

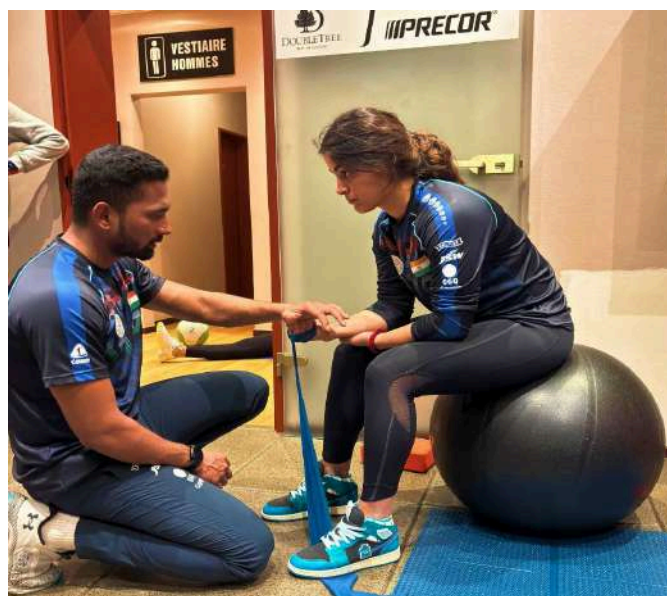
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Manu Bhaker after winning the bronze medal in the 10M Air Pistol Women's event at the Paris Olympics.



MANU BHAKE

Paris Olympics 2024 | Shooting
Bronze - Women's 10m Air Pistol
Bronze - 10m Air Pistol (Mixed Team)



Manu with S&C Coach Kshitij Bhoite

2017

OGQ started supporting Manu.

2020

Setback at Tokyo Olympics

In the 10m Air Pistol Women qualification, her pistol malfunctioned mid- event—a rare and uncontrollable incident.

This disrupted her rhythm and she failed to qualify for the finals.



Manu Bhaker at Tokyo Olympics, after her pistol malfunction.

2022

Mental Training

OGQ worked closely with Manu on sports psychology to help her recover from the setback from the Tokyo Olympics.

Sports Science

Physiotherapy for post-training recovery;
Strength and conditioning tailored for pistol shooting posture and stability;
Nutrition & supplement plans to ensure efficient management of training loads.

2023

Climbing Back

Won a Bronze medal at the ISSF Shooting World Cup at Bhopal in the 25m Pistol event.

This was her first ever senior international medal in this event and a significant one for her confidence.

Backed by Expert Coaching

OGQ supported Manu in training under coach **Jaspal Rana** - 1996 Olympian and 4X medalist at 2006 Asian Games.



Manu Bhaker with Viren Rasquinha and coach Jaspal Rana.

2024

Creates History

1st Indian to win two medals in the same edition of the Olympics

1st Indian female shooter to win an Olympic medal



DOUBLE BRONZE

SHOOTING

10m Air Pistol | Individual & Mixed Team
Becomes first Indian to win two Olympic Medals at the same edition

"I was very grateful that I got the OGQ support at a very early stage of my career. Post the Tokyo Olympics, things were not great and I was not happy because of my performance. It was a tough period to go through, however, the one thing that stayed consistent with me was the unwavering support and belief of the OGQ team. They supported me throughout this tough phase and helped me come back even stronger. Playing three events in shooting is a very tough task and the OGQ sports science team ensured that I'm recovering very well after training and matches. Even at the Olympics, the team's presence helped me a lot with my preparation."

SWAPNIL KUSALE

Paris Olympics 2024 | Shooting
Bronze - 50m Rifle 3 Positions

Swapnil was born in 1995 in the Kolhapur district of Maharashtra. At the age of 14 he discovered shooting in Maharashtra government’s Krida Prabhodini program.

OGQ started supporting Swapnil

2022

Technical training under coach Deepali Deshpande, Athens 2004 Olympian.

Won the Olympic quota in 50m Rifle 3 position event at the ISSF World Championships in Cairo.

Missed out on the World Championships medal due to one bad shot and finished 4th.



Swapnil with Coach Deepali Deshpande.



Swapnil in action at Balewadi Stadium in Pune.

2023

Targeted Mental Training

Missed out on the Asian Games medal due to one bad shot and finished 4th.

After the setback at major competitions, OGQ supported Swapnil with a **sports psychologist, Vaibhav Agashe**, who had previously worked with Gagan Narang ahead of his London 2012 medal. This helped Swapnil build consistency under pressure.



Rifle Shooter Swapnil with OGQ Nutritionist Kalyani in Pune.



Swapnil with OGQ Physiotherapist Mohnish in Pune.



Swapnil with OGQ Physiotherapist Sumita in Bhopal.

2024

Equipment Support

In the run up to Paris Olympics, OGQ facilitated **rifle and ammunition testing in Germany**.

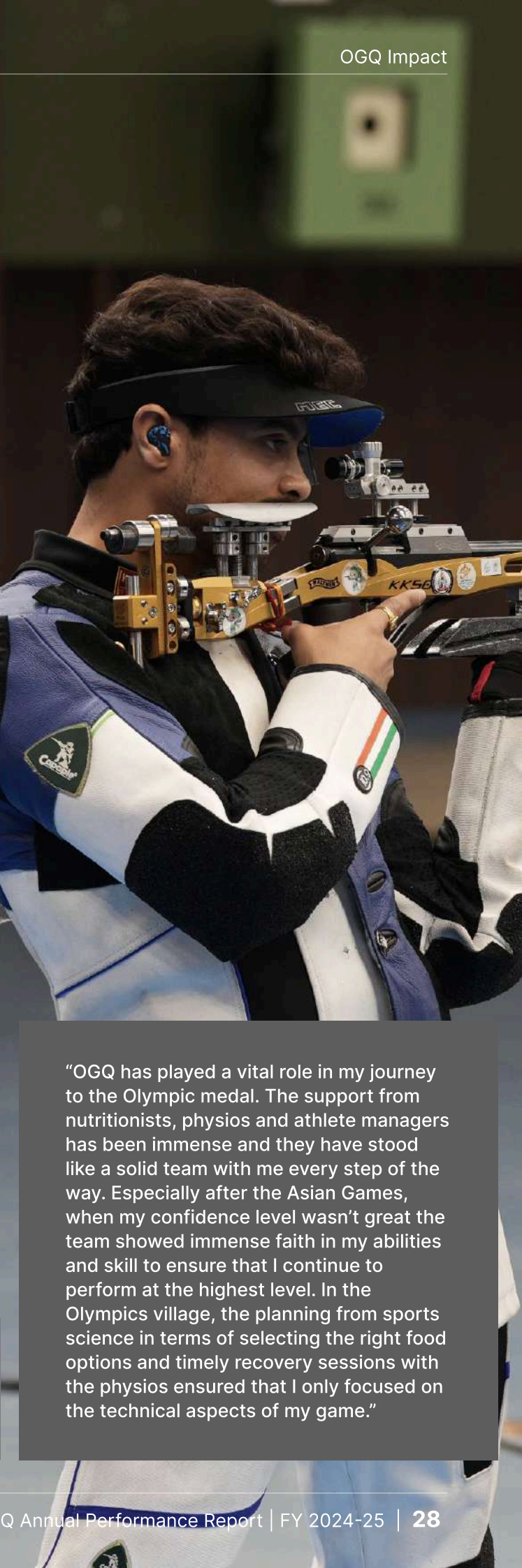
Nutrition

Between 2023-24, OGQ nutritionists worked extensively with Swapnil to help tackle dietary challenges that affected his **sleep and recovery**. The team identified **travel friendly foods** & safe options in the Olympic Village for Swapnil to consume, ensuring optimum energy levels.



BRONZE
SHOOTING

First Indian shooter to win an Olympic medal in the 50m Rifle 3 positions event.



“OGQ has played a vital role in my journey to the Olympic medal. The support from nutritionists, physios and athlete managers has been immense and they have stood like a solid team with me every step of the way. Especially after the Asian Games, when my confidence level wasn’t great the team showed immense faith in my abilities and skill to ensure that I continue to perform at the highest level. In the Olympics village, the planning from sports science in terms of selecting the right food options and timely recovery sessions with the physios ensured that I only focused on the technical aspects of my game.”



AMAN SEHRAWAT

Paris Olympics 2024 | Wrestling
Bronze - Freestyle - 57Kg



Early Background

Orphaned at the age of 11, Aman nearly gave up on wrestling before finding a second home at Chhatrasal Stadium. Trained in humble conditions, Aman's early years were marked by hardship - but also unwavering drive.

2018

OGQ begins Support:
Inducted into the OGQ Junior Program at the age of 15. **OGQ supported Aman with a monthly stipend** to help him sustain his day to day expenses at the Chhatrasal Wrestling Academy.

Won a bronze medal at the U17 World Championships, Croatia in the same year.

OGQ nutritionists began working with Aman to ensure adequate nutrition for his growth & recovery.



Aman in action at the U-17 Asian Championship in Kazakhstan.

2019

Targets Paris Olympics:
Won **Gold** at the U17 Asian Championships in Kazakhstan.
Inspired by Ravi Dahiya's Olympic medal (also a fellow trainee at Chhatrasal), Aman set his sights on the Paris Olympics.



Aman during a training session in Chhatrasal Stadium.

2022

- **Gold** at the U23 World Championships, Spain.
- **Gold** at the Ranking Series, Kazakhstan
- **Silver** at Ranking Series, Tunisia



Aman with OGQ Physiotherapist Shubham at Chhatrasal Stadium in Delhi.

2023

Foreign Coaching:
OGQ arranged for Aman to train under **Russian coach Ali Shabanau** in Dagestan to fine tune his techniques as per global best standards in wrestling. This was followed by:

- **Gold** at the Senior Asian Championships in Kazakhstan.
- **Bronze** at the Asian Games, China.

2024

Won Quota for Paris Olympics 2024:
Defeated his idol Ravi Dahiya in domestic trials to qualify for the Paris Olympics.



BRONZE

WRESTLING
India's Youngest Individual Olympic Medalist

"In my journey from the Chhatrasal Stadium to the Olympics medal at Paris, OGQ has played a very important role. Back in 2018, when I joined OGQ one of the first things that helped me was the stipend money through which I could pay the mess fees at the academy and I could also support my sister's education. This was a moment of self pride that I could finally take care of myself and my sister. A year before the Olympics OGQ also helped me to improve the technical aspects of my game through a foreign training camp in Russia. This camp gave me a lot of self confidence as I felt I could now take on any opponent on the world stage."



NAVDEEP SINGH

Paris Paralympics 2024 | Para Athletics
Gold - Javelin throw



OGQ IMPACT

Mental Training

Early Background

Born in Buana Lakhu, a small village in Haryana, Navdeep grew up feeling isolated. Mocked for his short stature, he often stayed indoors, unsure of his place in the world. Sport changed that. Encouraged by his father, a former national-level wrestler, and inspired by para-athlete Sandeep Chaudhary, Navdeep turned to javelin—and began to believe he could become something more.

OGQ started supporting Navdeep as a 20 year old in 2020.

BREAKING THE 4TH PLACE BARRIER

In the lead upto Paris Paralympics, Navdeep finished just outside the podium at every major event:

4th
Place

Tokyo 2020 Paralympics
Asian Para Games 2022 (Hangzhou)
World Championships 2023 (Paris)



Navdeep with OGQ Physiotherapist Abhishek Wagh.



Navdeep with OGQ Physiotherapist Umang Agrawal.



Navdeep with Coach Werner Daniels in Turkey.

OGQ SUPPORT

Injury Support &

Targeted Strength Training:

With a focus on core, hip, and rotator cuff strengthening, his mobility improved significantly, reducing injury risk and supporting better performance during intense training phases.

Personalised Nutrition:

He initially followed a generic diet based on others’ routines. Later a personalized plan was created, tailored to his body, training needs, and restrictions—boosting energy, recovery, and performance.

Mental Conditioning:

Navdeep worked one-on-one with psychologist Mugdha Bavare to overcome the fear of finishing 4th again. Her support also helped him stay emotionally steady after the loss of his father, just two months before Paris.

On-ground Coaching Support:

In the final phase before Paris, Navdeep trained under Coach Sunil Tanwar at SAI Gandhinagar, focusing on fine-tuning technique and consistently reaching medal-range throws above 45m.

43.58m

Personal Best
before OGQ
Support

47.32m

Throw by
Navdeep to
win the Gold



GOLD

F41 - Javelin Throw

“This medal is for my father - and for everyone who once doubted me. Team OGQ stood by me during this tough time and helped me perform to the best of my abilities at the Paralympics”

Navdeep unfortunately lost his father, his biggest cheerleader, right before the Paralympics.





MONA AGARWAL

Paris Paralympics 2024 | Para Shooting
Bronze - 10m Air Rifle

Early Life and Journey to Shooting

Mona Agarwal was born on 8th November 1987 in Sikar, Rajasthan. A reaction to polio drops at a young age affected both her legs, requiring full-leg calipers and hand support to walk. After years of determined effort, she was able to balance with just one caliper and a stick—but later had to start using a wheelchair.

A mother of two, Mona explored various sports including powerlifting and sitting volleyball before discovering shooting in December 2021. She took to it with discipline and belief, despite limited resources and late entry into the sport.

OGQ SUPPORT Training, Recovery & Equipment

OGQ began supporting Mona in **October 2023**, during a crucial phase in her qualification journey for the Paris Paralympics.

Financial support through stipend helped her manage training expenses and recovery routines.

Strength & Conditioning (S&C) helped prevent fatigue and enhanced post-match recovery.

High-quality rifle provided for the 10m event, giving her a competitive edge.

Backup equipment reduced performance anxiety during training and competition.

International exposure to events like the World Cup in Changwon, Korea, where she won Gold.



Mona Agarwal with coach Yogesh Shekhawat.



Mona Agarwal with OGQ Nutritionist Yogesh Kumar.

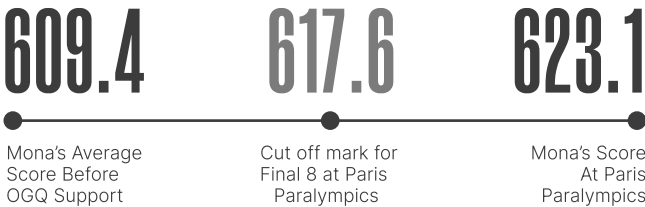


Mona Agarwal with OGQ Physiotherapist Ayushi Tomer.

MEASURABLE IMPACT

Role of Equipment
The new rifle provided by OGQ played a crucial role—not only in enhancing technical precision but also in bringing peace of mind. With a backup available, Mona trained with more confidence, incorporated modern shooting techniques, and focused better on execution.

Improvement in Mona's Score:



“Winning my first World Cup medal in 2024 and securing a quota for the Paris Paralympics would not have been possible without OGQ. From sports science to competition exposure, their constant support played a crucial role in my journey, ultimately helping me win the bronze medal at the Paralympics. I am deeply grateful for everything OGQ has done for me.”

BRONZE

Shooting - 10m Air Rifle

MARIYAPPAN THANGAVELU



Paris Paralympics 2024 | Para Athletics
Bronze - T42 High Jump

Early Background: Lost right leg function at the age of 5 in a road accident. He was scouted for high jump in school after which he moved to Bengaluru at the age of 14.



Mariyappan with team OGQ at the Paris Paralympics.

NISHAD KUMAR



Paris Paralympics 2024 | Para Athletics
Silver - T47 High Jump

Early Background: He lost his right arm at the age of 6 in a farming accident. Inspired by his mother (a state level athlete), Nishad picked up sports and moved to Panchkula for training.

IMPACT OF FOREIGN COACHING

For para athletes competing in highly technical events like the high jump, access to global expertise can make all the difference. In 2024, OGQ identified a key gap in elite technical coaching and moved quickly to fill it. In partnership with the Government's TOPS scheme, OGQ facilitated a 7-month high-performance training stint for Mariyappan Thangavelu and Nishad Kumar at the US Olympic Training Center, Chula Vista, under world-renowned coach **Jeremy Fischer**.

Elite Foreign Coaching

Focus Areas: Technique, Biomechanics, Global Exposure.
Training under Olympic coach Jeremy Fischer at Chula Vista, California, focused on refining form, competition mindset, and world-class performance standards.

Integrated Physio Support

Focus Areas: Recovery, Strength, Injury Prevention. OGQ physio Abhishek Wagh accompanied the athletes for the full duration, ensuring seamless rehab, load management, and progressive strength-building.

End-To-End Planning & Support

Focus Areas: Funding, Logistics, Athlete Care. OGQ collaborated with TOPS and managed the partial funding, camp logistics, and 7-month athlete well-being, creating a smooth high-performance training experience.

OGQ IMPACT



Nishad Kumar



SILVER
2024 Paralympic
Games, Paris

SILVER
2024 World
Championship



Former American
Track & Field athlete
**JEREMY
FISCHER**
Previously Coached several
Olympic Medalists including
Will Claye from U.S.



US OLYMPIC TRAINING CENTRE,
CHULA VISTA, CALIFORNIA, USA

Nishad started training with Jeremy in 2022, while Mariyappan started training in 2024.



Nishad during a training session with coach Jeremy Fischer.



Mariyappan training in the US under Jeremy's guidance (Jeremy in the red hoodie)



Mariyappan T.



BRONZE
2024 Paralympic
Games, Paris

GOLD
2024 World
Championship



TRAINING WITH FOREIGN COACHES

F Y 2 0 2 4 - 2 5

British Coach Paul Wilson with discus thrower Amanat Kamboj at the Anju Bobby George Academy in Bengaluru.



DHIRAJ BOMMADEVARA

“Growing up seeing senior archers being supported by OGQ always made me aspire to be supported by OGQ one day because my seniors used to praise the OGQ support a lot. Through OGQ, I was selected for a training camp with Korean coach Kim Hag Yong, which resulted in improved scores. With the consistent support, I was able to reach the Olympic semi-finals at Paris 2024. Thank you to the entire OGQ team for all the support.”



Korean Coach Kim Hag Yong during training with the archers at the Army Sports Institute, Pune

KOREAN COACH KIM HAG YONG

ARCHERY (RECURVE)

India’s archery team achieved its best-ever Olympic finish in the mixed team event, placing fourth. While the result was not the desired one, OGQ saw the need for expert coaching to help athletes prepare better for LA 2028 and beyond.

To address this, OGQ brought in South Korean coach Kim Hag Yong, who has previously worked with the national teams of Hong Kong, Singapore, and South Korea, a country widely recognized as a dominant force in Olympic archery.

Coach Kim is no stranger to India - his earlier stint in 2017 saw him mentor archers like Dhiraj Bommadevara and Pravin Jadhav, both of whom went on to become Olympians.



Coach Kim with Dhiraj in Army Sports Institue Pune.



British Coach Paul Wilson in discussion with legend Anju Bobby George & other coaches at the Anju Bobby George Academy in Bengaluru.



Wrestlers supported by OGQ at Nippon University, including bronze medalist at Paris 2024 Olympics, Aman Sehrawat (third from left).

POWER THROW COACH PAUL WILSON

INDIA | ATHLETICS

Over the past two years, OGQ has focused on developing junior athletes in power throw events like shot put, javelin, and discus throw, with strong medal potential for LA 2028 and Brisbane 2032.

To strengthen technical coaching, OGQ onboarded Paul Wilson, a renowned coach from York, England, with over 18 years of experience in power throws. He has coached top athletes, including Chase Ealey (USA), who was the Women's Shot Put World Champion in 2022 & 2023.

Paul visited India in December 2024 to assess junior talent at the National Championships in Bhubaneswar.

He is currently coaching six athletes supported by OGQ.



Training session with discus thrower Amanat.

NIPPON SPORTS SCIENCE ACADEMY

JAPAN | WRESTLING

Wrestling is India's only sport to win a medal at each of the last five Olympics. Japan, a dominant force in wrestling, secured 11 out of 18 wrestling medals at Paris 2024 - including 5 golds from athletes who trained at the Nippon Sports Science Academy. OGQ partnered with Nippon Sports Science Academy, providing Indian wrestlers the opportunity to:

- Train and spar with world-class Japanese athletes
- Absorb advanced technical expertise from elite coaches

Till date, seven wrestlers, including Olympic Bronze medalist Aman Sehrawat, have trained at Nippon Sports University. OGQ will be supporting more wrestlers to train at Nippon in the coming months.



Wrestler Aman Sehrawat with Paris 2024 Gold Medalist Rei Higuchi in Japan at Nippon University.



Lakshya Sen with OGQ S&C coach Hiinyo Duyu.



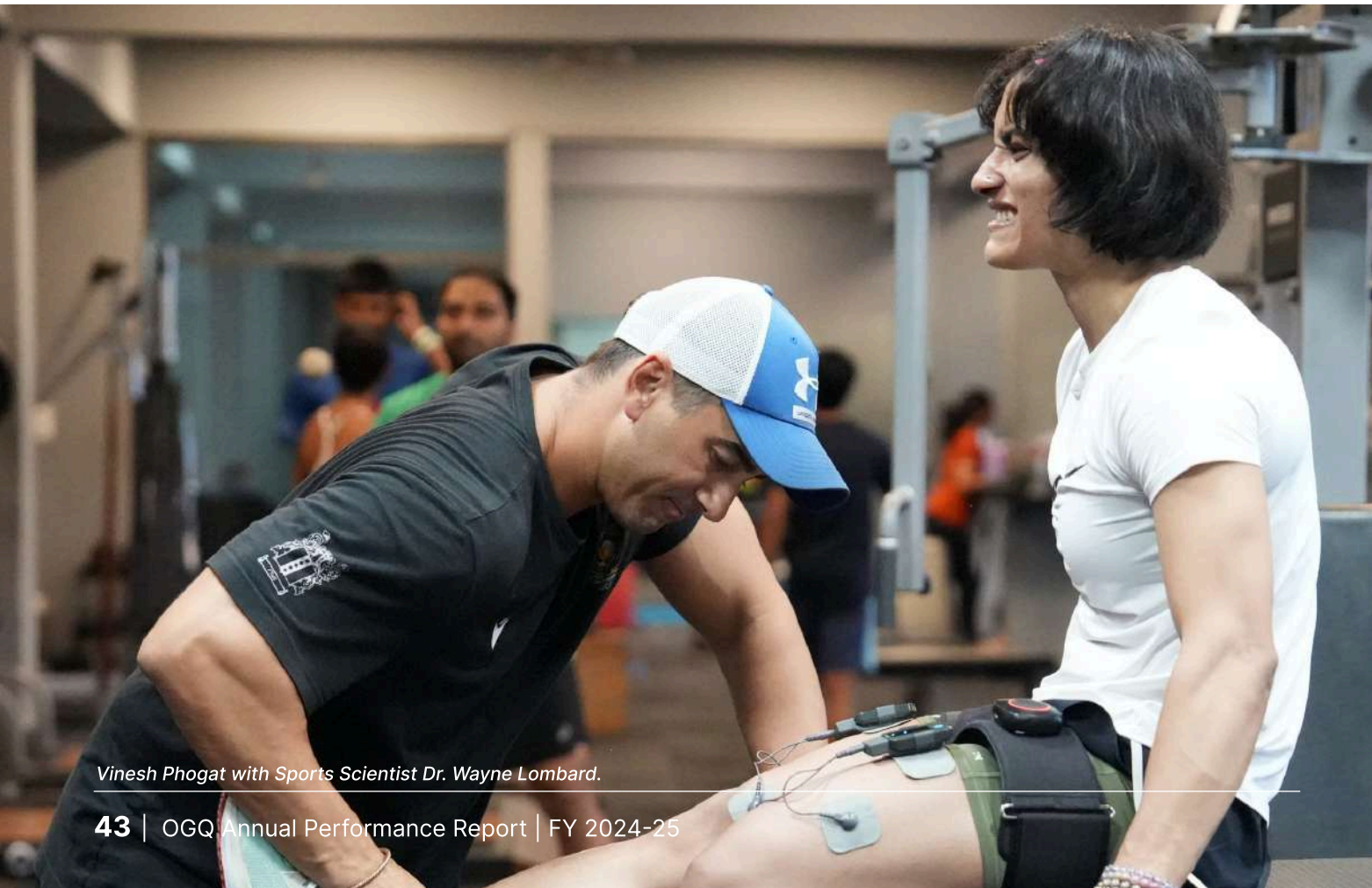
Swapnil Kusale with OGQ Physiotherapist Mohnish in Pune.



Amit Panghal with OGQ Physiotherapist Dhananjay.



Dhiraj Bommadevara with OGQ Physiotherapist Mohnish at ASI Pune.



Vinesh Phogat with Sports Scientist Dr. Wayne Lombard.



Sarabjot Singh with OGQ Physiotherapist Sanchita



Sheetal Devi with OGQ Physiotherapist Ayushi Tomer.



Thulasimathi Murugesan with OGQ Physiotherapist Rahul Solanki.



Manisha Ramadass with OGQ Physiotherapist Roma Joglekar.



Nitesh Kumar with OGQ Physiotherapist Rahul Solanki.



Ajeet Singh with OGQ S&C coach Siddhant Shipurkar.



Kapil Parmar with OGQ Physiotherapist Aditi Jain.

OGQ JUNIOR PROGRAM

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16 year old shuttler Tanvi Sharma at the Odisha Masters Super 100 - a senior international tournament where she won a silver medal. OGQ has been supporting Tanvi since she was 13 years old.











OGQ JUNIOR PROGRAM

Launched in 2012, OGQ's Junior Program is dedicated to identifying and nurturing India's most promising young athletes (aged 10-21) with the goal of shaping future Olympians.

Through long-term, all-round support, OGQ ensures that young talent receives the resources they need to compete at the highest level.

141

Junior athletes (between the age of 10 to 21 years) currently being supported by OGQ across multiple sports:

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

OGQ Support to Junior Athletes

- **Coaching**
from the best in the field
- **Sports Science**
for performance optimization
- **Equipment**
meeting world-class standards
- **International Tournaments**
for global exposure
- **Monthly Stipend**
for financial stability

Dhinidhi Desinghu, at the age of 14 years is India's youngest Olympian at the 2024 Paris Olympics.

DHINIDHI
DESINGHU

"Representing India at the Paris Olympics and being the youngest athlete of the Indian contingent was a dream come true moment. In the days leading up to the games, the guidance from the OGQ team was extremely vital. It helped me in keeping myself grounded and ensuring that I go out there and give my best at the games. OGQ has provided me with all the support in terms of nutrition, sports psychology that were crucial during the preparation for the games."

JUNIOR CHAMPIONS

In FY 2024–25, OGQ-supported junior athletes won 29 international medals at Asian and World Championships across shooting, wrestling, boxing, and weightlifting.

From Juniors to Olympians
23 of the 49 athletes supported by OGQ at Paris 2024 came through the Junior Program, including Dhinidhi Desinghu, the youngest Indian at the Games at just 14.

MEDAL HIGHLIGHTS ACROSS SPORTS IN FY 24-25:

Junior World Championship	
Gold	Bronze
4 medals	5 medals

Junior Asian Championship	
Gold	Bronze
9 medals	4 medals



HEMANT SANGWAN

Age - 18 | Boxing (Men's 90kg)
GOLD - U19 World Boxing Championships, Colorado, USA, 2024

Army Sports Institute (ASI), Pune



JYOTI BERWAL

Age - 19 | Wrestling (Women's 76kg)
GOLD - U20 World Wrestling Championships, Pontevedra, Spain 2024

Sushil Kumar Kusti Academy, Hisar



NEHA SANGWAN

Age - 17 | Wrestling (Women's 57kg)
GOLD - U17 World Wrestling Championships, Amman, Jordan 2024

Charkhi Dadri, Haryana



DHINIDHI DESINGHU

Age - 14 | Swimming (Women's Freestyle)
GOLD - 38th National Games, Uttarakhand, India 2025

Dolphin Aquatics, Bengaluru



PARTH MANE

Age - 17 | Shooting (10m Air Rifle Men)
GOLD - Junior World Championships, Lima, Peru 2024

Lakshya Shooting Academy, Mumbai



BHAJAN KAUR

Age - 19 | Archery - Women's Recurve
GOLD - Archery Paris Final Olympic Qualifier, Turkiye, 2024

TATA Archery Academy, Jamshedpur



KOYEL BAR

Age - 16 | Weightlifting (Women's 49kg)
GOLD - Asian Youth Weightlifting Championships, Doha, 2024

Weightlifting Warriors, Ghaziabad



TANVI PATRI

Age - 13 | Badminton - Women's Singles
GOLD - Asian U15 Badminton Championships, Chengdu, China 2024

Prakash Padukone Badminton Academy (PPBA), Bengaluru

STRATEGIC INITIATIVES

F Y 2 0 2 4 - 2 5



WORKING WITH SAI AND NSF's

Specific focus on Sports Science and Coaches Development

In our endeavour to work closely with the sport eco-system and create a larger impact on the performance of Indian athletes, OGQ has signed Memorandum of Understanding (MoU) with the Sports Authority of India (SAI) and a few National Sports Federations (NSF) with a specific focus on providing coaching and sports science support. With these initiatives, we believe OGQ can add great value in the Indian National Camps.

OGQ sports science staff maintained a consistent presence with the Indian Shooting and Boxing teams throughout the Olympic cycle. Their rigorous interventions and assessments of physiological parameters, along with preparation tailored to the conditions in France, helped the athletes reach high-performance levels for the Paris 2024 Olympics.

Ongoing MoUs:

NSFs
National Sports Federations

NRAI
National Rifle Association of India

BFI
Boxing Federation of India

AAI
Archery Association of India

SAI
Sports Authority of India

NCOE
National Centre of Excellence for Boxing, Rohtak



Archery coaches workshop in Delhi.



Boxers during a warmup session at the Olympic qualification tournament in Italy.



Boxers in NCOE Rohtak during a multinational youth camp.



Boxer Jaismine with OGQ Physiotherapist Sumya Halder at the pre olympics training camp in Saarbrücken, Germany



Pistol Shooter Esha Singh with OGQ Physiotherapist Sanchita at the training camp in Paris Olympics.

NATIONAL RIFLE ASSOCIATION OF INDIA



OGQ has a Memorandum of Understanding (MoU) with the National Rifle Association of India (NRAI) towards Sports Science support in the National Camp and the NRAI Coaches Program

Acclimatization in Chateauroux, FRA:

In July 2023, Olympic medalists Manu Bhaker, Swapnil Kusale, and Sarabjot Singh participated in a Test Event to familiarize themselves with France's climate and shooting conditions.

Pre Olympics Training Camp

One month pre-Olympics, the shooting team trained at an international-standard range, with consistent support from OGQ's sports science team.

Record Performance:

3 Bronze Medals in Shooting—India's highest tally in a single sport at a Summer Olympics, breaking a 12 year medal drought in shooting.



Shooter Sarabjot Singh with OGQ Physiotherapist Sanchita.



Manu Bhaker and Sarabjot Singh with the team who worked with them in the preparation for the Paris Olympics.

BOXING FEDERATION OF INDIA



OGQ's MoU with the Boxing Federation of India (BFI) focuses on providing sports science support at national camps. Similar to shooting, this has helped us impact all boxers in the National camps and work in a more collaborative manner.

Pre-Games Camp in Saarbrücken, GER:

Conducted with BFI in July 2024, this camp provided training, performance monitoring, and nutrition management in the run up to the Paris Olympics.

Athlete Nutrition:

OGQ Nutritionists, part of the National team, ensured Indian meals were made available to maintain weight and muscle mass - critical for weight based sports.

Close Contests:

Lovlina Borgohain and Nishant Dev reached the Quarter Finals, narrowly missing out on Olympic medals.



Boxer Amit Panghal with OGQ Physiotherapist Alok at the training camp in Shillaru.



Boxers in the national camp during a warm up session at NIS Patiala.

ARCHERY ASSOCIATION OF INDIA



Objective:

The objective of the MoU is to educate, engage and empower coaches and referee judges of Archery with an aim to raise the overall standards of excellence of coaching and refereeing in India in order to achieve world standards.

6 Workshops Completed:

OGQ facilitated workshops under the MoU, benefiting young Indian coaches and aspiring judges.

International Exposure:

Supported 4 Indian judges to renew their licenses by attending the International Judges Seminar in Kazakhstan, September 2024.



OGQ S&C coach Sagayaraj with the cohort of the Archery Coaches Workshop in New Delhi, 2024



OGQ S&C coach Sagayaraj with the cohort of the Archery Coaches Workshop in New Delhi, 2024.

NCOE BOXING, ROHTAK



In FY 2024-25, the Youth Boxing program at NCOE Rohtak continued to grow through a tripartite collaboration between SAI, Dani Sports Foundation (DSF), and OGQ.

Multinational Training Camp

Held in August 2025, the Youth Camp hosted 12 top youth boxers from Kazakhstan and 15 from Uzbekistan, offering Indian athletes valuable international sparring experience in their age and weight categories.

ASBC Asian Championships, Abu Dhabi

5 Junior Girls and 2 Sub-Junior Boys have qualified to represent India in 2025.

U-19 World Championships, USA, 2024

11 boxers represented India at the tournament and won a total of 2 Gold, 5 Silver and 3 Bronze.

The program is now focused on achieving podium finishes at the upcoming Asian Games, Japan and World Boxing Championships, Liverpool to be held in September 2025.



Viren Rasquinha addressing the boxers of Kazakhstan, Uzbekistan and India at the Multinational Camp at NCOE Rohtak.



NCOE Rohtak boxers, Alok More (Red) vs Vikas (Blue) competing in the Men's 55Kg category at the REC talent hunt competition which was held at NCOE Rohtak.

PROJECT LEAP



A joint initiative between the Gagan Narang Sports Foundation (GNSPF) and OGQ, Project Leap was launched in 2017 to identify, nurture, and elevate India's top shooting talent. Fully supported by OGQ, the program provides comprehensive support, focusing on technical expertise, mental and physical training, and sports science integration, ensuring Indian shooters excel at the international stage.

Project Leap has engaged elite international coaches to refine the technical skills of India's top shooters:

PETER SIDI 

Hungarian Rifle Coach, 5-time Olympian, former World Champion

UWE KNAPP 

German Pistol Coach, mentor to multiple Olympic, Paralympic, & World Champions

Achievement Highlights:

With the support from GNSPF and OGQ, over 120 athletes have won international medals in the program's 7 year journey.

Project Leap in FY 2024-25:

9 International Medals 21 National Medals



Rifle Coach Peter Sidi during a training session at Balewadi Sports Complex in Pune, with a Project Leap shooter.



Pistol Coach Uwe Knapp in a session at Balewadi Sports Complex in Pune.



KEY FEATURES OF PROJECT LEAP

Full Scholarships:
100% training scholarships covering coaching, sports science, and equipment

- Scientific Training Approach**
- Neurocognitive & meta-cognitive assessments for selection
 - Competition simulations with Indian & foreign coaches
 - Sports psychology & strength training integrated into training

Advanced Equipment Support:
Barrel testing & modifications for precision shooting

Advanced Sports Science for Peak Performance: Each shooter in Project Leap benefits from a holistic training approach, incorporating

-  Individualized nutrition plans for performance optimization
-  Regular physiotherapy for recovery and injury prevention
-  Sports psychology sessions to build mental resilience
-  Strength & Conditioning programs for performance optimization
-  Comprehensive health check-ups to maintain peak physical condition

THREE-PHASE TRAINING CAMP MODEL

Phase 1:
Technical Optimization

- Range training on Scatt technology
- Equipment testing & modifications
- Velocity checking (rifle weight, prone table, trigger pressure)

Phase2:
Competition Simulation

- International format competition training
- Theoretical sessions & sports psychology observation

Phase 3:
Sports Science & Performance Assessment

- Workshops on biomechanics & conditioning
- Strength & Conditioning training
- Performance testing & assessments

KHUSHI KALIRAMAN



At the 2024 Junior World Championship in Peru, Khushi Kaliraman competed in the 50M Rifle 3P Women's event and went on to win the bronze medal. Khushi Kaliraman, a shooter of the Project Leap squad, made her way into the history books by becoming the first Indian ever to win a medal in the 50M Rifle 3P Women's event at the Junior World Championship



Rifle Shooter Khushi Kaliraman with coach Peter Sidi in a training session at Balewadi Sports Complex in Pune.



Coach Manuela Schermund at Vijayi Bharat Sports Academy in Ahmedabad, Gujarat.

PARA PROJECT LEAP

Building on the success of Project Leap, OGQ and the Gagan Narang Sports Promotion Foundation launched Para Project Leap to help India's para shooters compete at the highest level. This program provides elite coaching, advanced sports science, and top-tier equipment support, ensuring para athletes receive world-class training to excel at national and international competitions.

Para shooters under this program train under:

MANUELA SCHMERMUND 
4-time Paralympic medallist in Rifle Shooting

JEEVAN LAL RAI 
Rifle Coach of the Indian Para Shooting Team

GAGAN NARANG

OGQ support since 2008

“The journey to winning an Olympic medal was never easy, but OGQ’s dedication to helping athletes achieve their dreams played a vital role in my success. The team worked tirelessly behind the scenes, ensuring I had everything I needed to excel in my sport. Back in 2012 sports science was still something new for me as an athlete but OGQ made me realise the importance of it and the positive impact it will create on my performance. From being the first athlete ever to be supported by OGQ in 2008 to becoming the Chef-de-Mission for the Paris Olympics, OGQ’s support has been unwavering in this journey.”

Bronze Medal – London 2012, Shooting – 10M Air Rifle Men
Padma Shri, Khel Ratna, & Arjuna Awardee

Gagan Narang is the Co-founder of Gun for Gory Shooting Academy and has conceptualised the Project Leap initiative.



WEIGHTLIFTING WARRIORS

Ghaziabad, Uttar Pradesh

Shaping India's Future in Weightlifting
Established in 2024 by Vijay Sharma, the coach of Tokyo Olympics silver medalist Mirabai Chanu and a Dronacharya Awardee, Weightlifting Warriors was launched in collaboration with OGQ to identify and groom the next Mirabai Chanus in 8 years

Academy's Mission:
To groom future Olympic Champions in Weightlifting.

Academy's Vision:
To support the most talented junior weightlifters in a full-time residential academy with the help of the best coaches, sports science methods and collaboration with various stakeholders.

The academy offers Olympic-standard training facilities, with athletes mentored by Mirabai Chanu herself.



Olympic Medalist Mirabai Chanu mentoring young athletes.



Training Session at Weightlifting Warriors.



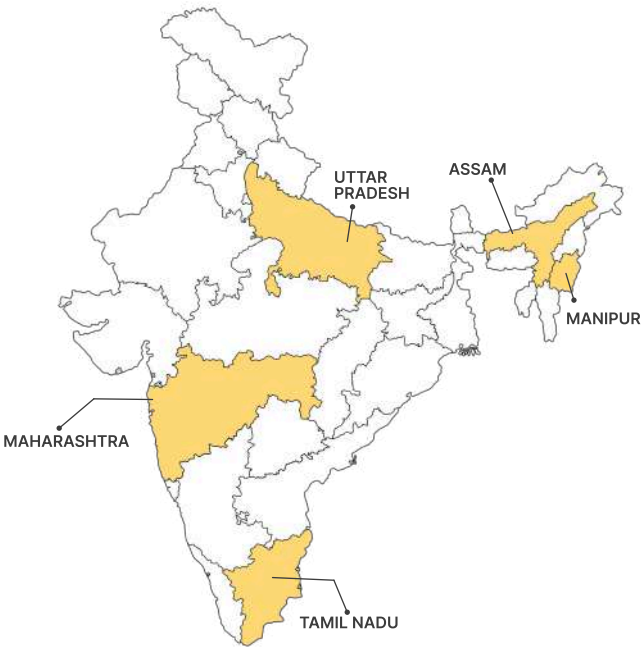
Dronacharya Awardee Vijay Sharma training a young girl at Weightlifting Warriors.

FINDING THE NEXT MIRABAI CHANU

Nationwide Talent Identification:
To ensure the best young talent is discovered, extensive research was conducted on regions that have historically produced India's top weightlifters.

A team of highly skilled scouts, including experts from the Weightlifting Federation of India and OGQ's research team, conducted nationwide talent identification programs in Assam, Manipur, Uttar Pradesh, Maharashtra and Tamil Nadu.

Through a rigorous selection process, more than 400 young athletes underwent technical and fitness assessments, helping identify those best suited for the sport.



Fitness assessment during the talent hunt.



During the talent hunt in Assam.



The young trainees of Weightlifting Warriors with the coaches and Olympic Silver Medalist, Mirabai Chanu.

The ecosystem at Weightlifting Warriors:

- 05 High-performance coaches
- 10 Support staff members
- 39 Young athletes between the ages of 8-14 are training under the same roof as Mirabai Chanu

MIRABAI CHANU

OGQ support since 2018

“Post Rio 2016, not many people would have believed in my ability to win an Olympic medal, but OGQ believed in my potential, even after skipping the Asian Games in 2018 due to injury-related surgery, OGQ continued to support me. My medal in 2021 at Tokyo 2020 was a true testimony of OGQ’s athlete-first approach. Post Asian Games 2022, I again got injured but the Sports Science Team left no stone unturned to make me ready for Paris 2024. I am truly grateful to the team for their belief in me.”

Silver Medal – Tokyo 2020, Weightlifting, Women’s 49Kg
Khel Ratna & Padma Shri Awardee
Mirabai Chanu is also the mentor at Weightlifting Warriors, Ghaziabad



ACADEMY PROGRAM

In 2024, OGQ launched the Academy Program to strengthen India’s grassroots sports ecosystem by enhancing training environments at academies that are historically producing strong results at national and international level. With a focus on wrestling, boxing, and shooting, the program provides structured support to academies in key areas:

- **Coaching Development**
Introducing advanced training methodologies
- **Equipment Procurement**
Ensuring Access To World-Class Gear
- **Sports Science Support**
Educating Young Athletes On Best Practices In Recovery, Nutrition And Anti Doping.

By embedding best practices at the grassroots level, the Academy Program enables young athletes to develop within a high-performance culture from the start of their careers.

.....

Academies supported by OGQ:

SHOOTING		
10X Shooting Academy		120 Athletes
BOXING		
Army Sports Institute		120 Athletes
WRESTLING		
Army Sports Institute		80 Athletes
Virendra Akhada		230 Athletes



Shooters training at 10X Shooting Sports Academy, Faridabad.



Sports Psychology session at 10X Shooting Sports Academy, Faridabad.



Junior wrestlers training at Virendra Akhada, Narela.



Warm up session for wrestlers at Army Sports Institute, Pune.



COACHES PROGRAM

F Y 2 0 2 4 - 2 5

German pistol coach Uwe Knapp taking a session for pistol coaches of the OGQ Coaches Program at Balewadi Sports Complex, Pune.

IMPORTANCE OF THE OGQ COACHES PROGRAM

Developing Champions Through Coaches:
After the Rio 2016 Olympics, OGQ identified the need for high-performance Indian coaches to accelerate athlete development for future Olympic and Paralympic success.

Program Launch:
In 2017, OGQ launched the Coaches Program, which has since trained 212 coaches, indirectly impacting over 8,000 athletes across badminton, shooting, and para sports.

Coaches at Paris 2024:
The program's impact was evident at Paris 2024, where 10 OGQ-trained coaches had their athletes competing at the Olympics and Paralympics, with three coaches' trainees winning medals at the Paralympic Games.

We continue to empower Indian coaches through continuous learning and global best practices, ensuring India produces world-class athletes for LA 2028 and beyond.



Coach S. Mohammed Irfan and his trainee, Thulasimathi Murugesan (Silver Medalist - Para Badminton, Paris Paralympics 2024)



Coach Suresh Kumar with para athlete Jeevanji Deepthi (Bronze Medalist - 400m Race, Paris Paralympics 2024)

KEY PROGRAM IMPACT

03



Paralympic medals by athletes who trained directly under OGQ Coaches Program coaches.

10



Coaches Program alumni coached athletes at Paris 2024

212



Coaches Trained

24



Program Alumni in India's National Coaching Teams

16



Foreign experts involved

8000+



Athletes Indirectly Impacted

61



Workshops Across 19 Courses

24



States Covered



Anne Grøthe Jeppesen, Olympic and expert Rifle coach in CEP Shooting during a theory session with CEP Class of 2025 - Shooting



U Vimal Kumar, Dronacharya awardee and Olympian, conducting an on court session for CEP - Class of 2025 Badminton

THREE TIER STRUCTURE

01 Coaches Foundation Program (CFP) Online & Partly Residential

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

Launch Year: 2022
Sports: Shooting, Badminton, Para Athletics
Coaches Impacted: 154
Duration: 4 months

02 Coaches Excellence Program (CEP) Residential & Partly Online

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

Launch Year: 2017
Sports: Shooting, Badminton, Para Athletics
Coaches Impacted: 96
Duration: 10 months

03 Coaches Leadership Program (CLP) 1-on-1 Mentorship + Residential & Partly Online

The OGQ Coaches Leadership Program (CLP) aims to develop world class leaders who can produce India's future Olympic Medalists.

Launch Year: 2024
Sports: Badminton
Coaches Impacted: 6
Duration: 1 Year



CFP Class of 2024 - Badminton during the graduation ceremony.

"CFP has helped me refine training intensity and load management, leading to **faster and more consistent progress** in my athletes. One under-15 player, who struggled despite regular practice, saw a **breakthrough in performance** after we implemented a structured schedule. Now, the entire batch benefits from **better recovery and quality training** sessions, ensuring sustained improvement."



Ashutosh Tiwari
CFP Class of 2024
Coach, Star Badminton Academy, Kolkata

CEP PROGRAM IMPACT

The CEP is designed for high-performance coaches, equipping them with cutting-edge techniques, leadership skills, and global best practices. The program includes intensive hands-on training with Indian and international experts.

Several CEP-trained coaches have coached Olympians, with some directly contributing to India's Paralympic medals at Paris 2024.



Mathias Boe, Olympic Silver medalist and renowned coach conducting a session for CEP coaches



Sunil Tanwar, expert technical throws trainer in CEP Para Athletics, demonstrating exercises for the CEP Class of 2024 - Para Athletics.



Uwe Knapp, expert pistol trainer and coach of multiple Olympic and Paralympic medalists, conducting a technical training session for the CEP Shooting Class of 2025



Manoj Kumar, expert rifle trainer for CFP Shooting & coach of Indian team conducting practical session for CFP Shooting - class of 2024 on the 50m range.



CLP Badminton Expert trainer Martin Andrew doing an on-court session with the CLP Badminton class of 2026.



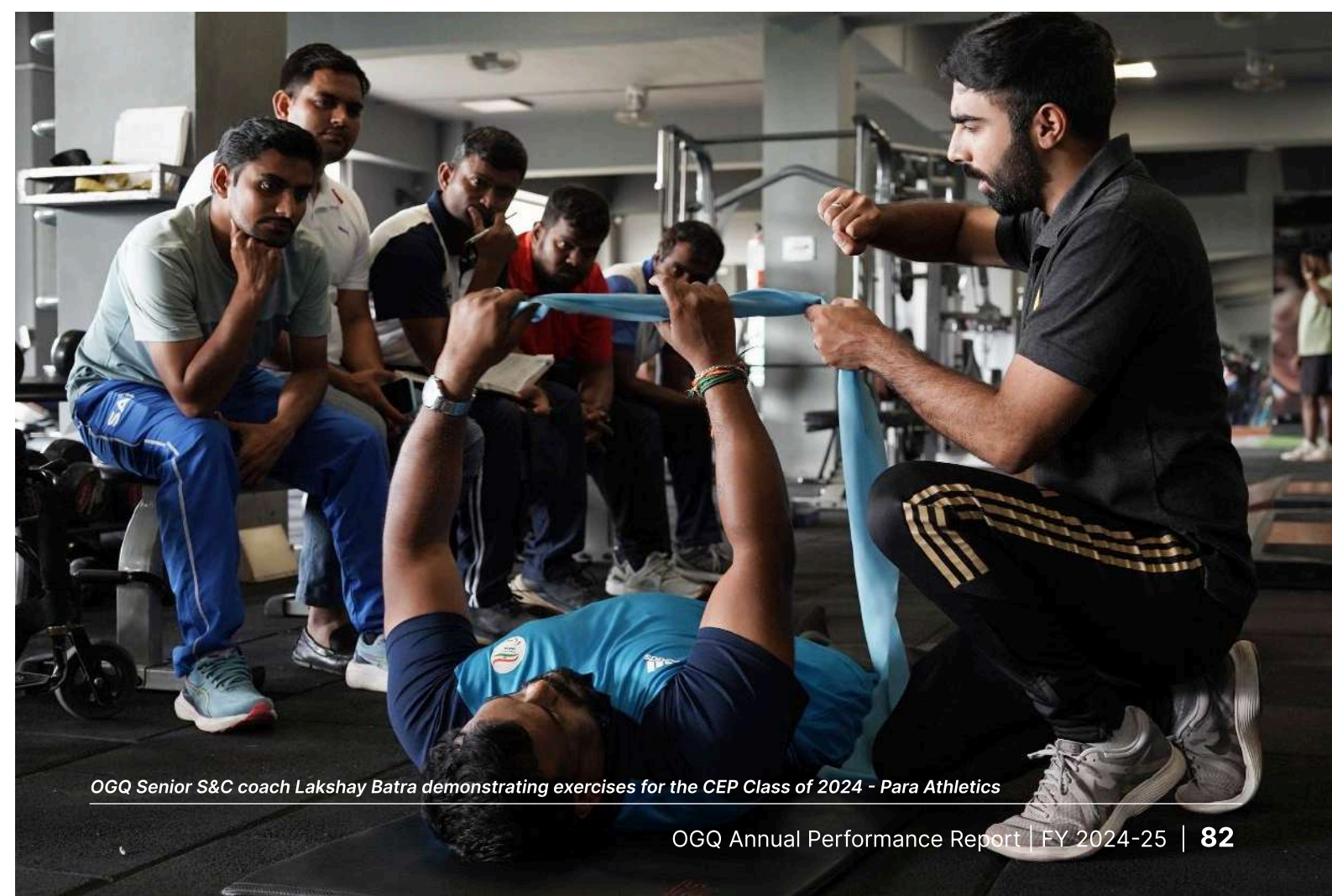
Olympics Silver Medalist Mathias Boe with the CEP Badminton coaches during a 'Doubles training masterclass'



Indrajit Sen from Vyaktitva with the CEP Class of 2025 - Badminton during a Leadership and Communication session.



CEP Class of 2025 Badminton coaches during their weeklong internship at PPBA with Sagar Chopda (CP Alumni from 2018) Head Coach - PPBA



OGQ Senior S&C coach Lakshay Batra demonstrating exercises for the CEP Class of 2024 - Para Athletics



THANK YOU

TO ALL OUR SUPPORTERS

Two-time Paralympic medalist, High Jumper Praveen Kumar at the Paris Paralympics. Praveen was the first para athlete to be supported by OGQ in 2019.

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10+ YEARS OF SUPPORT

We are deeply grateful to the incredible individuals and institutions who have stood by OGQ for over a decade. Your unwavering support has been the foundation of countless athlete journeys and podium moments. Thank you for believing in our mission year after year — your belief continues to inspire champions.

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neha@ogq.org for wire transfer.

BENEFITS OF ASSOCIATION

CSR Compliant:

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

National Pride:

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

Tax Benefit:

All donations to OGQ are eligible for 50% tax benefit
through Section 80G.

Transparency:

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

Aman Sehrawat became the youngest Indian to win an individual Olympic medal at the age of 21 in Paris. OGQ has been supporting him since he was 15 years old.

OUR TEAM



Executive Committee Members



Viren Rasquinha
MD & CEO, OGQ
Olympian, Former Captain of Indian Hockey Team, Arjuna Awardee



Neha Aggarwal
Chief Partnerships Officer, OGQ
Olympian (Table Tennis), MS Sports Management, Columbia University, USA



Anukool Bharadwaj
Chief Strategy Officer, OGQ
Former National level Hockey player, M.Sc. (Sports Engineering)



Yatin Bhatkar
Chief Sports Officer, OGQ
PG Diploma in Sports Management

EXECUTIVE COMMITTEE:
OGQ’s Executive Committee brings together a team of experts with vast experience in sport and athlete development. The committee makes strategic decisions on various aspects of OGQ like selection and monitoring of athletes, fund raising, compliance and oversees the expansion of OGQ while ensuring the culture & values of the organisation remain intact.

SPORTS SCIENCE TEAM
FOR PARALYMPIC ATHLETES

Aalaap Jawadekar	Lead (Sports Science)
Siddhant Shipurkar	Deputy Lead (Sports Science)
Abhishek Wagh	Deputy Lead (Sports Science)

Strength & Conditioning (S&C)

Lakshay Batra	Senior S&C Coach
Prajwal Bhat	S&C Coach

PHYSIOTHERAPY

Umang Agrawal	Senior Physiotherapist
Shubham Deshpande	Senior Physiotherapist
Swapnil Singh Bist	Senior Physiotherapist
Mayank Alok	Senior Physiotherapist
Rahul Solanki	Senior Physiotherapist
Meghna Nandy	Physiotherapist
Ayushi Tomer	Physiotherapist
Aditi Jain	Physiotherapist

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Sharmada Venkat	Senior Nutritionist
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“OGQ started supporting me when I was 14, and their support over the last 15 years has played a vital role in my journey to winning two Olympic medals.

A year before Rio 2016, I had a major injury, and there were times training felt really difficult. But OGQ was always there—whether it was physiotherapy, medical help, or just checking in to ensure I stayed in the right mindset to prepare.

In the last two years, I've also benefited greatly from the mentorship of Prakash Sir, whose guidance continues to push me towards new goals.”

P.V. Sindhu
2 times Olympic Medalist
Badminton (Women's Singles)





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

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