

Support to Athletes by OGG

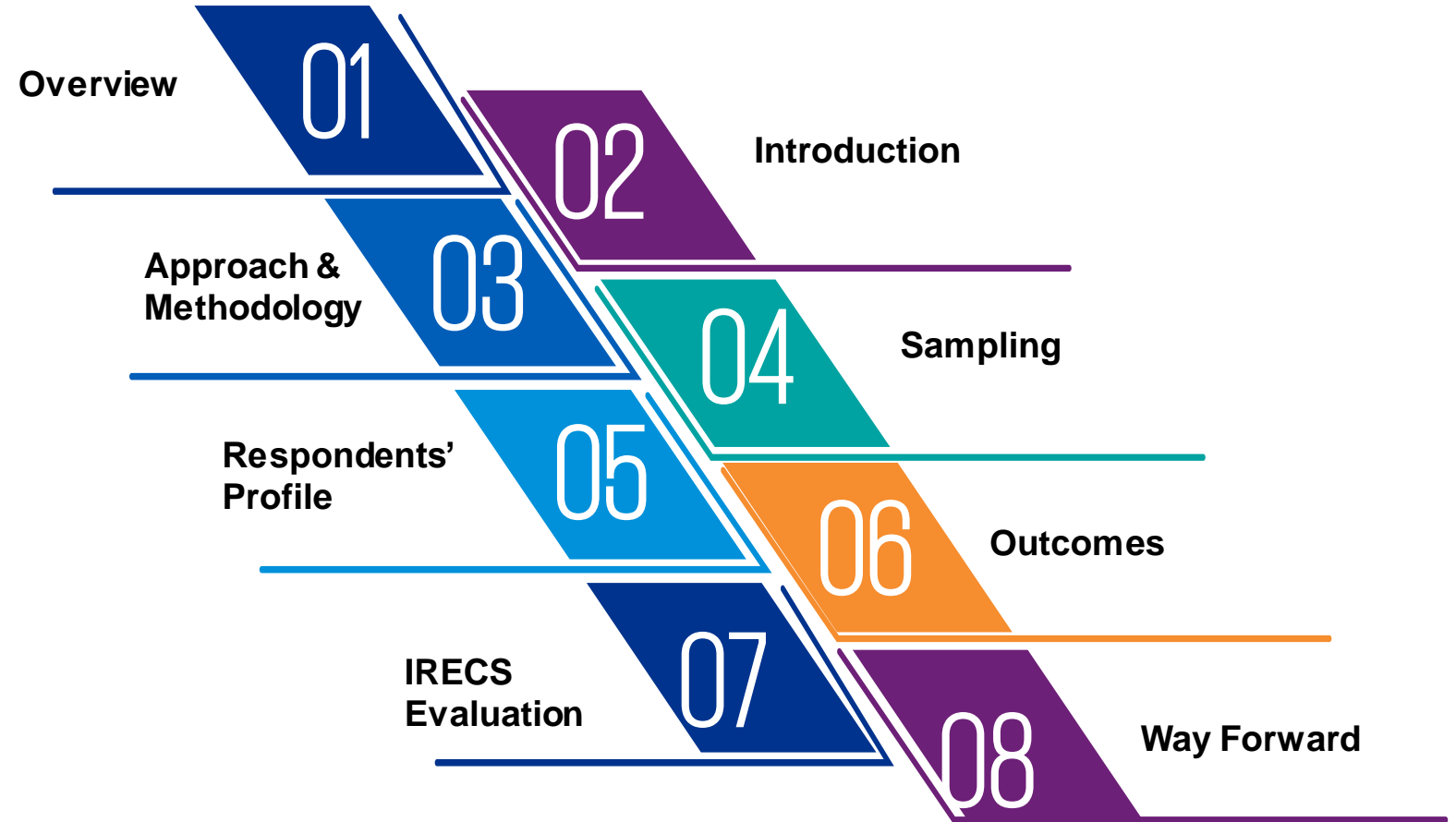
NAM India with

Foundation for Promotion of Sports and
Games

Impact Assessment on key parameters

April 2023

Table of Contents



Foundation for Promotion of Sports and Games: OGQ

Project Goals

OGQ aims to create a level playing field for athletes to enable them to be competitive at the highest level of sport. OGQ is currently preparing for the upcoming 2024 & 2028 Olympics and Paralympics

Total Beneficiaries:
174

Sampling Summary

Location	Athletes	Para –Athletes
Pan India	10	7

Respondents reported the following overall impact and attribution to OGQ:

- ✓ **54%** respondents won at least 1 national or international medal in the study period.
- ✓ **54%** athletes that OGQ support has strengthened their growth as an athlete by 75%-100%
- ✓ **50%** respondents shared that they would have experienced less than 50% of benefits without OGQ support.

Period under assessment for allocation of FY21: (Apr- Sept 2021)

Training	100%	71%	86%
	respondents were highly satisfied with the training support & increased confidence due to same	Shared improved sustenance aspect for self & family due to stipend (INR 15,000/ month) support	respondents shared enhanced focus and performance in game as some of the benefits.
	Equipment Support 100% respondents were highly satisfied with the quality of the equipment support provided & it had improved their performance by 75-100%	93% respondents reported being extremely satisfied with the technical guidance received from coaching	86% Felt 75-100% enhancement in their overall techniques and strengths, competition readiness and motivation
Coaching	93% observed who received nutrition support received guidance on dietary and exercise requirements	93% Respondents experience 75-100% change in core stability and an increase in speed, agility, strength and power.	100% Respondents experience 75%-100% change in movement mobility and psychological support due to support
	79% respondents reported enhanced social and emotional wellbeing and recognition in society due to the project	71% respondents reported reduced risk of burnout, increased confidence and enhanced effectiveness due to sports psychology support	85% of respondents reported increased strength and endurance due to injury management and rehabilitation support

Key Recommendations

- To document athlete-level inputs and record the impact on indirect beneficiaries
- To create a feedback mechanism for all athletes and para-athletes in the interest of continuous learning and development
- To document the programme processes through an SOP for each sports science thematic area for consistency of work and effective communication
- Last mile traceability to be maintained by OGQ team to increase the visibility of funders among the athletes and para-athletes
- To create a repository through government collaborations in the interest of effective implementation

Overview of Sports sector in India

Sports related issues and challenges in India

Issues

- Lack of support with world class training facilities in order to prepare them to win Olympic & Paralympic medals.
- Lack of Sports Funding Is Restricting Indian Players. It is incredibly costly to compete with the best in any sport.
- The country's athletes only have the support of a small number of private-sector sponsors. Because of this persistent lack of resources, India's athletes have struggled to compete well in elite competitions for a very long time
- The system is riddled with bureaucratic red tape, political intervention, conflicts of interest, and corruption.
- Sports funding is constrained in a nation like India, where infrastructure, education, and healthcare are still significant
- Demands for most of the populace. Even the most gifted Indians cannot afford the facilities for athletes of both genders, excellent instructors, or equipment of the highest international standards.

Need for Indian athletes to be supported

Need

- In India, the identification of young sporting talent often gets missed out due to other socioeconomic pressures.
- In India, the identification of young sporting talent often gets missed out due to other socioeconomic pressures.
- Young kids are not encouraged to pursue sports as it is not seen as a means of livelihood and a career path.
- Young kids are not encouraged to pursue sports as it is not seen as a means of livelihood and a career path.
- India's asset is its youth, and we need positive role models to inspire them to work to their fullest potential in their respective fields.
- With the advent of the digital age, young kids are moving away from an active lifestyle and are pulled towards a sedentary lifestyle.
- Sport promotes health and fitness and encourages the youth to be passionate and follow their ambition. Thus, sports will inspire young kids and help towards nation-building.
- Need for proper guidance and right training, coaches, and facilities



Introduction – Support to Athletes by OGQ (Foundation for Promotion of Sports and Games)

Project Goals

- To support Indian athletes in winning Olympic and Paralympic Gold medals
- To scout for potential medal talent, to help identify areas of support, and to work with all stakeholders to aid deserving talent.
- OGQ aims to create a level playing field for our athletes to enable them to be competitive at the highest level of sport.

Project location



Project components

Training

Coaching

Equipment

Sports Science

Abled athletes

- Weightlifting
- Wrestling
- Badminton
- Boxing
- Swimming
- Athletics
- Archery



Para-athletes

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



174

Beneficiaries

6

Months (April to September 2021)

14

Medals for India at Tokyo Olympic & Paralympic Games

5

Gold medals

Key Highlight: India won its best ever medal haul at both the Tokyo Olympic & Paralympic Games.

Methodology

Consultation & Scoping

Discussion with NAM India team was conducted to seek project related details, understand the scope and document the engagement's expectations
Information on NAM India CSR programs was requested

Phase

1



Phase

2



Review of existing Theory of Change

Stakeholder interactions were conducted to understand projects, geographies, mode of implementation, intended impacts and processes
An Impact Map of the program was developed and strengthened in consultation with partners

Phase

5

Analysis & Impact Assessment Report Preparation

Conducted data analysis and prepared reports on Impact Assessment basis information gathered through stakeholder interactions



Phase

3

Sampling and Tool Designing

Finalised the sample plan for stakeholders, designed tools for Impact Assessment for stakeholder interactions.
Interactions conducted were combination of one-on-one interviews and focused group discussions

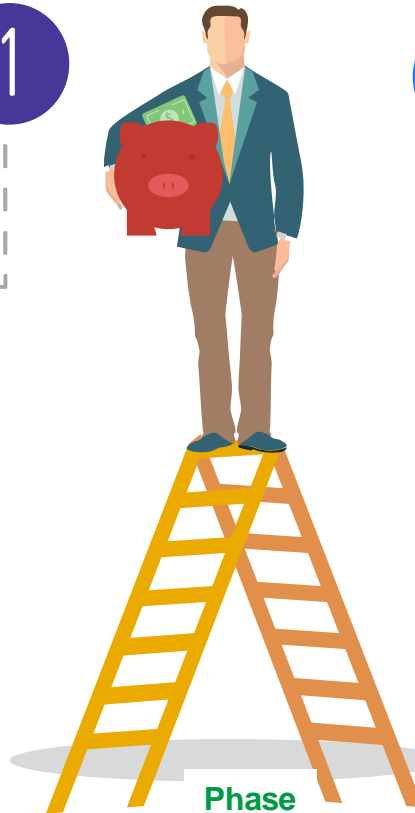


Phase

4

Stakeholder Interaction and data collection

Conducted stakeholder interactions (on a sample basis) through offline modes such as field visits to program locations, and telephonic interaction.



Limitations of the Study



The following are the limitations of the study :

- As athletes and para-athletes were occupied in preparation of upcoming tournaments, the study was limited to a small sample size.
- For better understanding while interacting with sportsperson, support of OGQ staff members and respective athlete managers was taken to facilitate the interactions.
- Taking into account the busy schedule of athletes, the interactions were conducted virtually.

Sampling

	Location – Pan India				
	Athletes	Para Athletes	Sport Science Members	Athletes Managers	OGQ Staff
Target	15	5	6	2	2
Achieved	10	7	3	2	3
Total Target	30				
Total Achieved	25				

- A primary research was conducted through a qualitative and quantitative online survey with target beneficiaries.
- Purposive sampling methodology was utilized to select treatment group respondents for the survey. The objective was to ensure 80% confidence level with 10% margin of error.
- This approach along with sampling methodology helped guarantee optimum possible representation of all key stakeholders- athletes, para-athletes, athlete manager, sports science team.
- 5 responses were captured through one-on-one virtual surveys which included multiple choice questions along with couple of qualitative questions designed specific to the intended outcomes of the program.
- An interaction was also conducted with OGQ staff to understand the benefits and areas of improvement evidenced by them.

- 25 beneficiaries (approximately 14% of the universe i.e. 174), were covered in the study.
- Thus, a confidence level of 80% and margin of error of 12% was achieved for the treatment group.
- 14 beneficiaries were covered in the study through an online questionnaire while interactions were held with 11 beneficiaries.

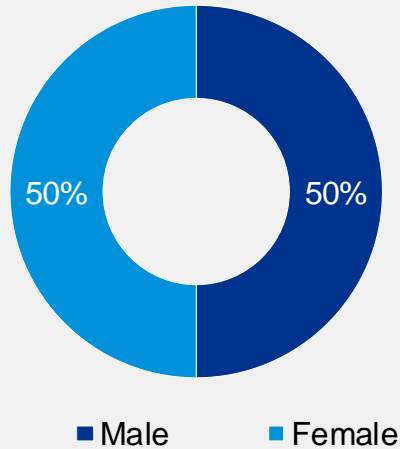


Impact Map

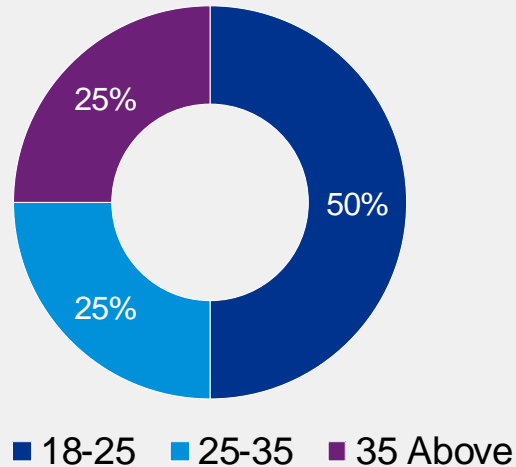
Input	Planned activities	Outputs	Outcomes	Impacts
TRAINING & COMPETITION SUPPORT	Provision of training (Monthly stipend, sports-related, travel/food/ accommodation)	<ul style="list-style-type: none">• Number of athletes provided with training support• Number of athletes receiving stipend/ period/ amount	<ul style="list-style-type: none">• Enhanced technical skills, physical strength• Improvement in competition readiness• Improved sustenance of athletes and their families	<ul style="list-style-type: none">• Improvement of scores during the regular coaching/ qualifier rounds• To enhance the chances of winning a medal (eg: badminton/ table tennis at Olympics)• Improvement in building motivation, ambition and confidence• Enhanced social and emotional well being
	SPORTS EQUIPMENT & ACCESSORIES	<ul style="list-style-type: none">• Number of equipments procured and provided to athletes• Number of athletes supported	<ul style="list-style-type: none">• Improved strength, fitness, technical, performance of athletes	
	WHEELCHAIR & PROSTHESIS (part of above specifically for para-athletes)			
	TRAVEL FOR DOMESTIC & INTERNATIONAL COMPETITION/TRAINING/ ACCOMODATION	<ul style="list-style-type: none">• Number of athletes supported for travel/ food/ accommodation• Number of athletes participating in national/ international level tournaments	<ul style="list-style-type: none">• Exposure/ ease for athletes for participating in national/ international tournaments• Enhance rankings by participating in tournaments at national/international level	
	COACHING	<ul style="list-style-type: none">• Number of athletes supported with coaching• Number of coaches engaged• Conducting the assessment	<ul style="list-style-type: none">• Improved clarity on the goals specified and tracking progress• Better know ledge of strengths and weaknesses• Improvement in competition readiness, overall techniques, strengths• Enhanced motivation/ qualitative outcomes for athletes	
SPORTS SCIENCE SUPPORT	PHYSIOTHERAPY	<ul style="list-style-type: none">• Number of sportspersons receiving support• Number of sport science staff engaged	<ul style="list-style-type: none">• Improved performance of athletes• Access to recommendations for diet plan as per athlete needs• Faster recovery from injury• Improved strength and fitness of the athletes• Improved access to meet the dietary needs/ medical requirements/ supplements• Improved mental wellbeing of athletes on need basis• Improved management of athlete injury for match fitness	<ul style="list-style-type: none">• To enhance the chances of winning a medal
	STRENGTH & CONDITIONING			
	NUTRITION			
	SPORTS PSYCHOLOGY			
	Injury Management and Rehabilitation			
	Medical & Supplements			

Respondents' Profile

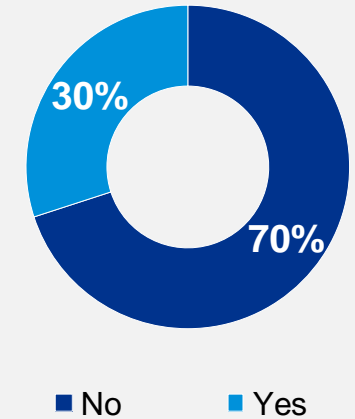
Gender



Age Group

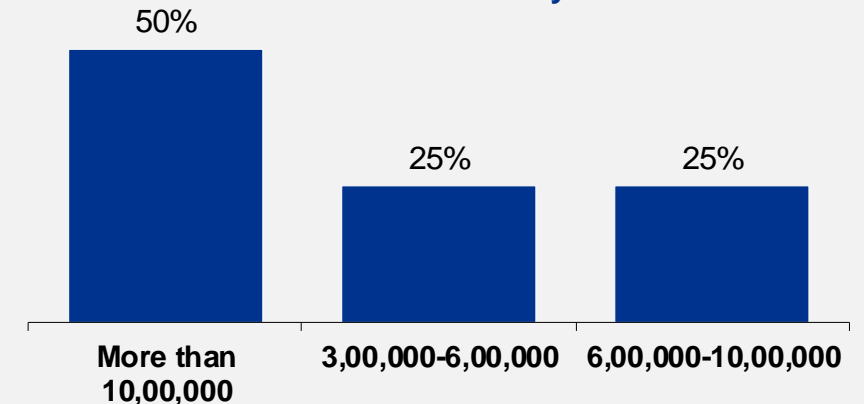


Primary earning member of the family



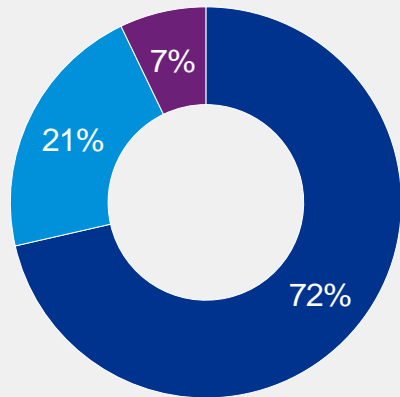
- There was an equal representation of males and females in the survey.
- About **75%** of the respondents were within the age group of 18-35 years
- Some of the locations where the athletes belonged from were Maharashtra, Haryana, Uttar Pradesh, Rajasthan, Karnataka, Andhra Pradesh, West Bengal, Delhi and Jharkhand.
- As reported in the survey, 70% of the sampled sportspersons were the primary earning members in their family. 50% of respondents who chose to answer, had annual household income below INR 600000.

Annual Family Income



Respondents' Profile

Education



- Graduate
- Higher Secondary
- Postgraduate

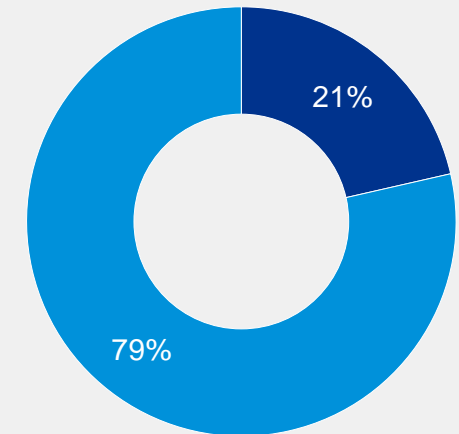
72%

of respondents had completed their graduation

79%

of respondents shared that they did not have support prior to being associated with OGQ

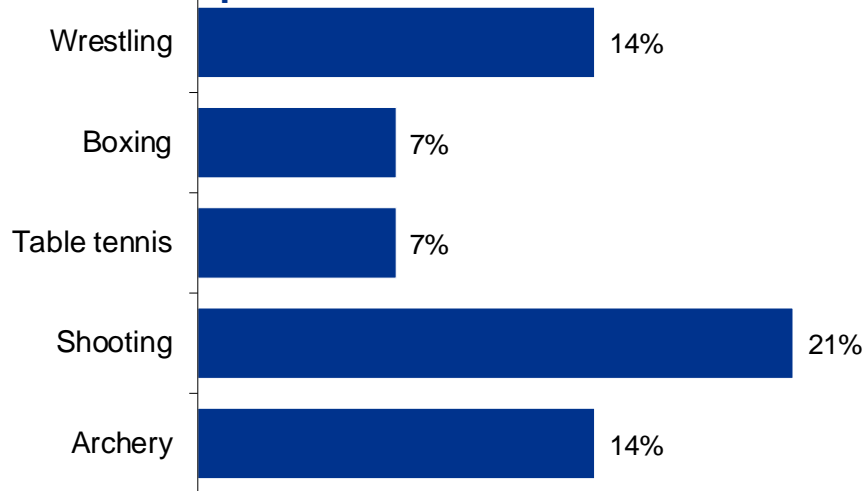
Any support for your sports journey prior to OGQ



- Yes
- No

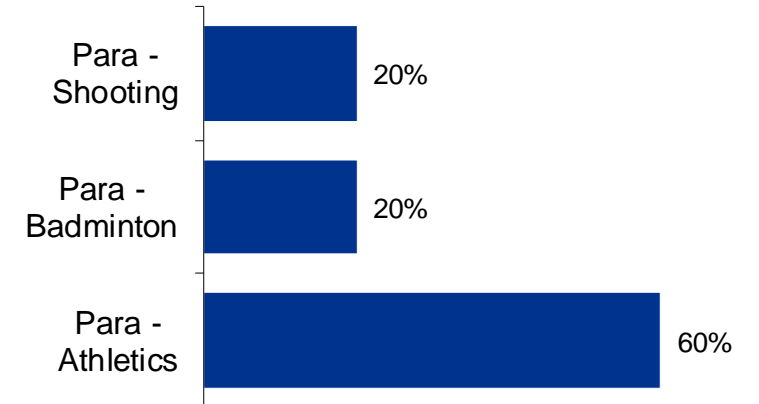
Respondents' Profile

Per cent Respondents- Athletes



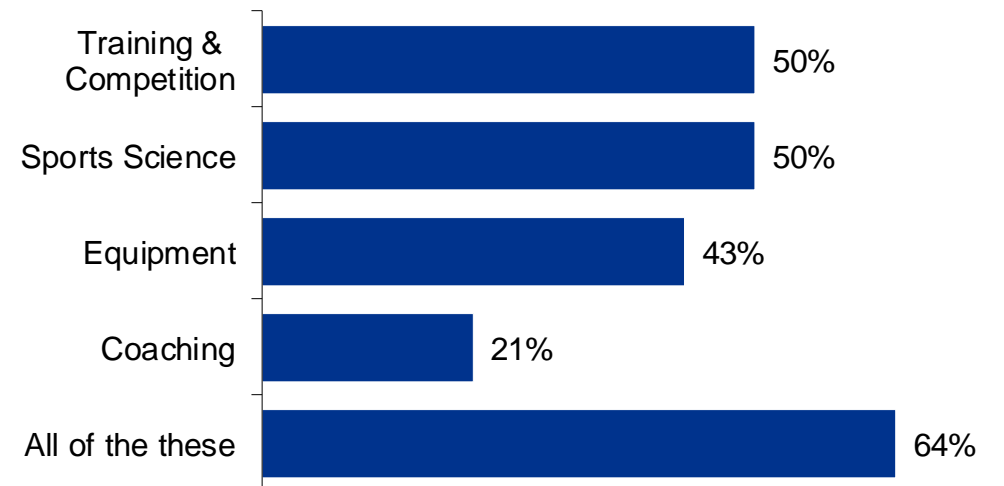
64% Athletes
36% Para-athletes
was the distribution of
respondents in the
survey

Per cent Respondents- Para-athletes



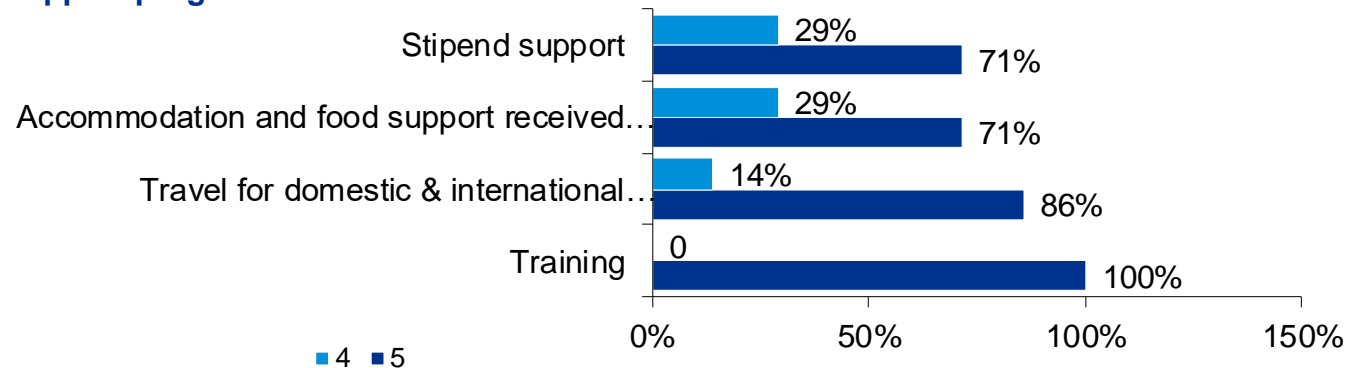
- As seen in the graphs, the respondents were distributed across various types of sports, some of which were wrestling, shooting and para-shooting, archery, para-badminton.
- 78%** respondents mentioned more than 8 years of playing their respective sports.
- Support from OGQ-** The program provided support under various categories to their beneficiaries also considering their respective needs. These were **Training, Equipment Support, Competition, Sports Science, Equipments and Coaching.**
- The study shows that more than half of the study respondents received all this support.

Support received from OGQ



Trainings & Competition Support

Satisfaction with different components under Training & Competition Support programme



- **100%** respondents were **highly** satisfied with the training support provided to them.
- **Stipend Support**- Respondents shared receiving **INR 15000 per month** as stipend for a period of at least 4 months or more. **92%** received it more than 4 months and up to 1 year.
- **Participation in national and international events** during the study period was dependent upon the number of such events being organised. India saw lesser such events due to the grappling second COVID-19 wave during March- July 2021. On an international level, however, multiple such events were organised. The adjacent tables show per cent representation of respondents in any such events.

National Competitions- 57% respondents shared no such national games happening at that time. The details for the rest 43% is as given in the below table:

National Archery Championship	17%
Paralympics Selection Trials July 2021	33%
Did not participate	50%

International Tournaments- Of all respondents, **77%** respondents mentioned any such event taking place and participated in any of the following international events held:

Archery World Cups and World Championships	10%
Tokyo Olympics 2020 (Jul-Aug 2021)	30%
Archery World Cup Stage 3 Paris, June 2021	10%
WTT Youth Contender for U-19, Slovenia	10%
Youth World Championship	10%
Tokyo Paralympics	20%
Lima World Cup	10%

Training & Competition Support

respondents were asked to rate the per cent change in the corresponding parameter as a result of Training & Competition Support provided by OGQ.

In graph, the bars represent per cent of respondents attributing 75-100% of the change to this support.

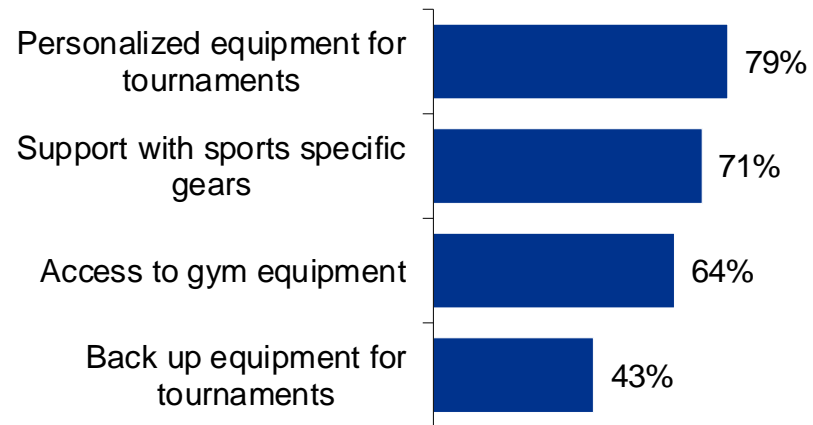
- **100%** respondents shared an increase in their confidence.
- The next biggest change, shared by **93%** respondents, was a hassle-free experience during travelling for any game events.
- **86%** respondents shared enhanced focus and performance in game, greater exposure and participation to competitions, and enhanced physical strength as some of the other benefits of training support.

% of athletes who experienced 75-100% change

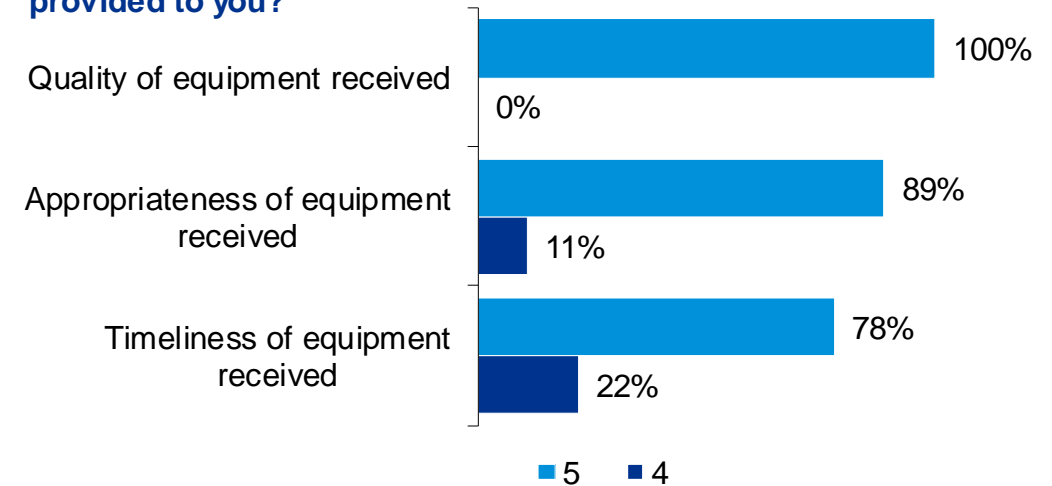


Sport Equipment and Accessories

Support received under 'Sport Equipment and Accessories' by per cent respondents



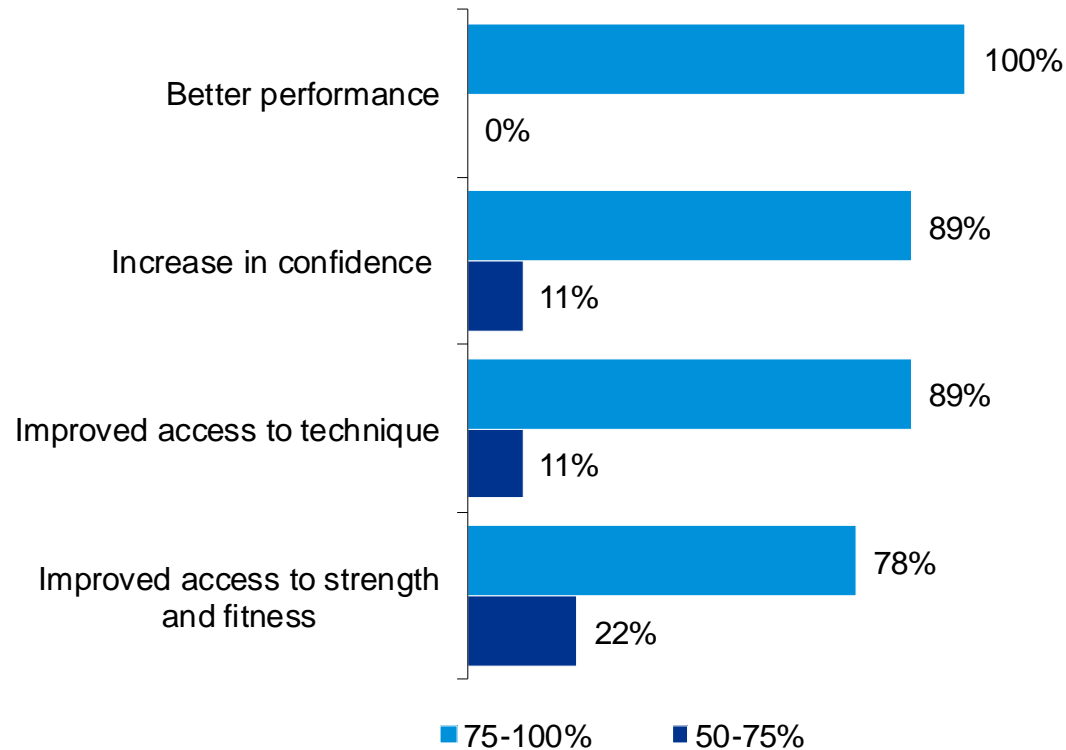
Kindly share your feedback on the equipment support provided to you?



- ***Under Sport Equipment and Accessories***, respondents received the following types of support: Personalised equipment (79%), Specific gears (71%), Access to gym equipment (64%) and back up equipment (43%).
- **100%** respondents were highly satisfied with the quality of the equipment support provided. All respondents also were satisfied with the appropriateness and timeliness of receiving this support.

Sport Equipment and Accessories

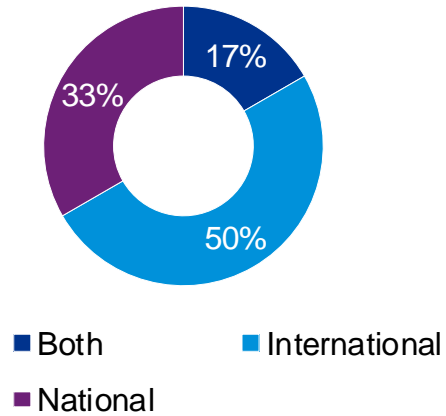
Impact on game



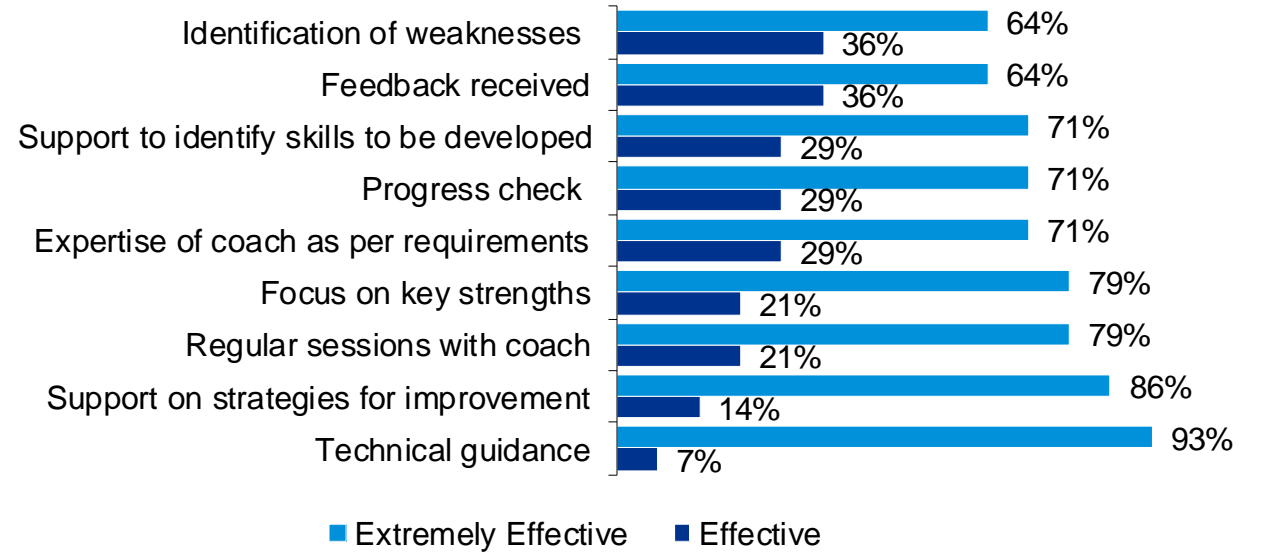
- Graph shows bars representing either 75-100% or 50-75% change experienced in the outcome by the respective per cent of respondents.
- **100%** respondents felt their performance had improved by 75-100% due to the equipment support received
- **89%** respondents attributed a 75-100% change in confidence and improvement in technique

Coaching

Nature of coaches

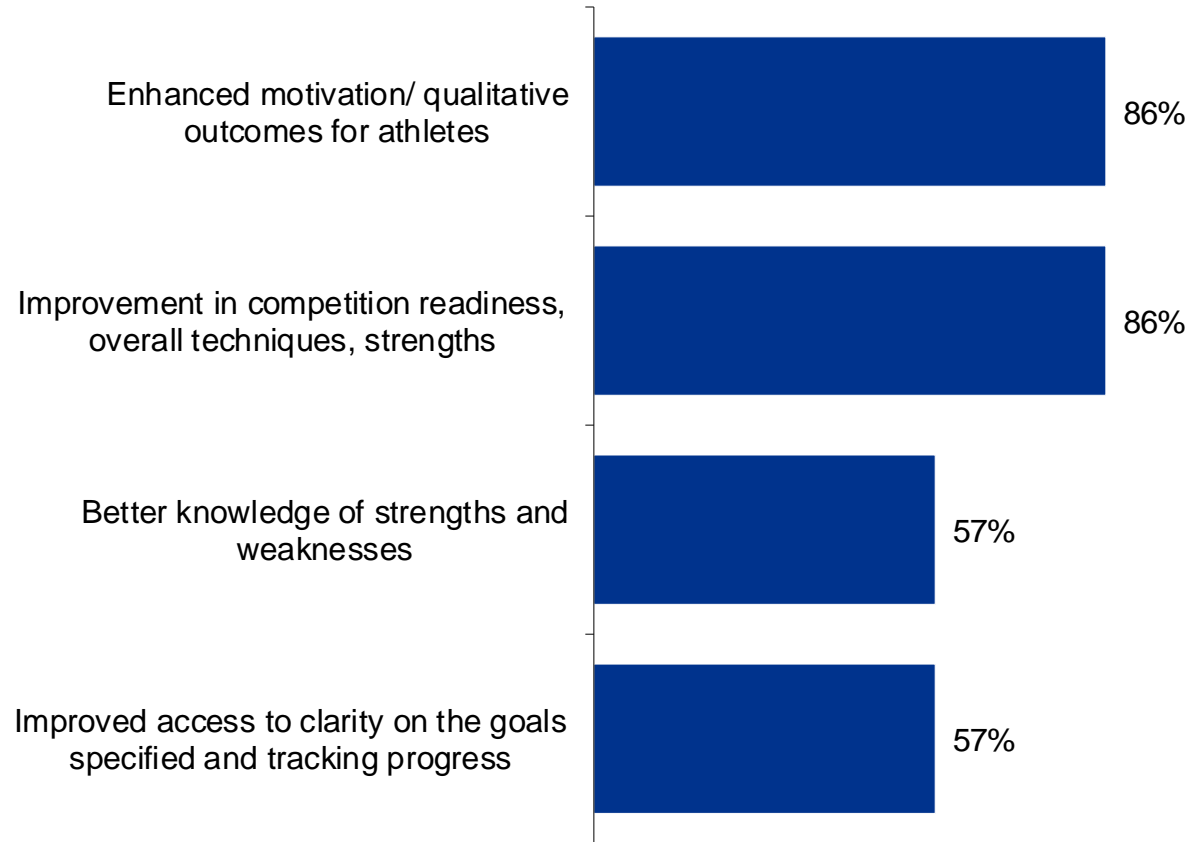


Feedback regarding the coaching support received



- The graph # depict the satisfaction level of respondents on various parameters related to coaching support.
- **93%** respondents reported being extremely satisfied with the technical guidance while **86%** were highly satisfied with support on strategies for improvement.
- Respondents received exposure and training under national and international coaches. **Half** of the respondents reported being trained under international coaches while **33%** received it from both national and international coaches

% respondents who experienced 75-100% change

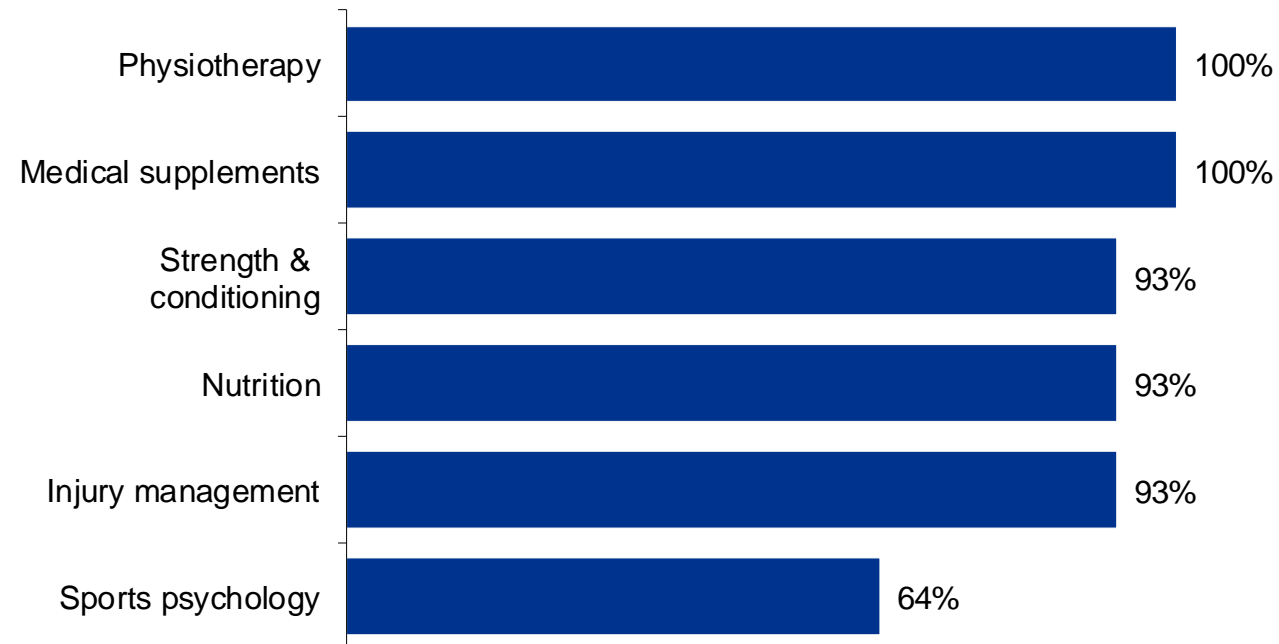


- **86%** felt a 75-100% enhancement in motivation and competition readiness and overall techniques and strength.
- **57%** respondents also experienced similar level of change in better knowledge of strengths and weaknesses as well as improved clarity on goals and tracking progress due to the coaching support.

Sports Science Support

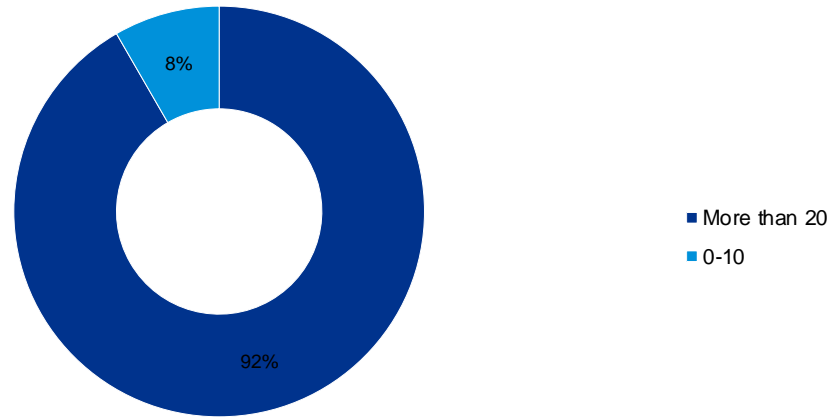
- **100%** of the respondents received Physiotherapy and Medical Supplements support under Sports Science.
- **93%** received Strength & Conditioning, Nutrition and Injury Management related guidance.

What of the below options have you received as part of 'Sports Science Support'?



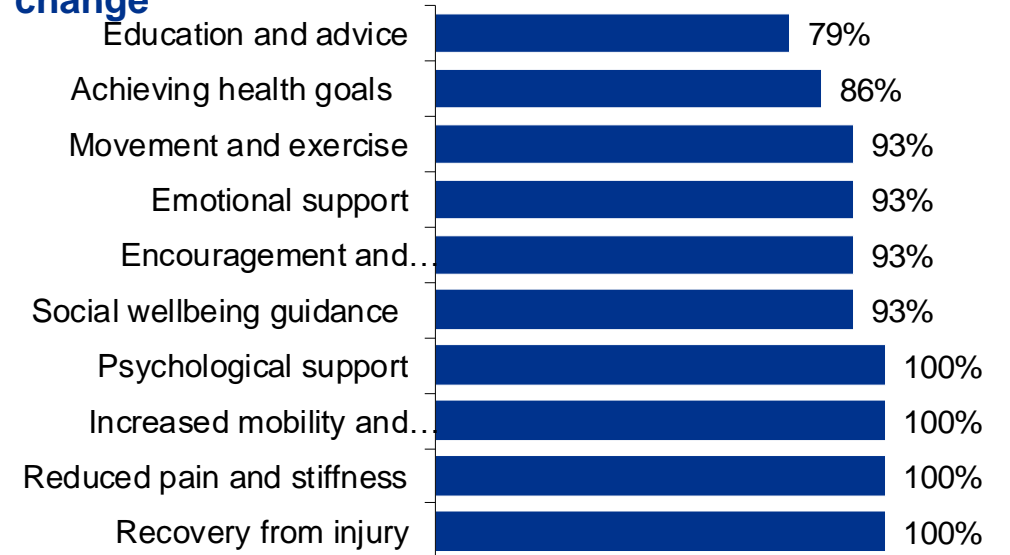
Sports Science Support -Physiotherapy

Number of sessions taken on physiotherapy during study period



- **100%** respondents, applicable for Physiotherapy, received sessions on them.
- **79%** shared taking more than 20 such sessions during the study period.

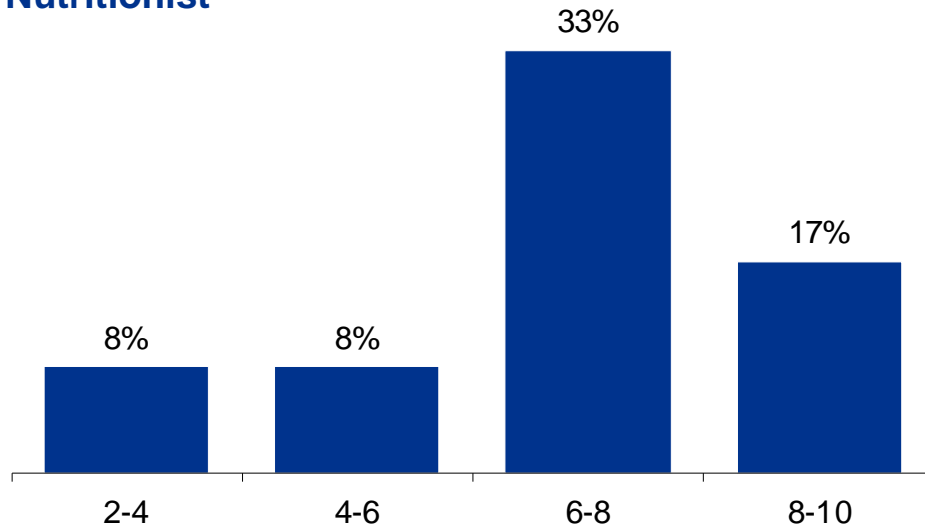
% respondents who experienced 75-100% change



- **100%** experienced 75-100% change on the following parameters:
Recovery from injury, Reduction in pain and stiffness, Increment in mobility and movement, Psychological support
- **93%** mentioned similar level of enhancement in
Social well-being, Encouragement and challenge resolution, Emotional support and Movement and exercise

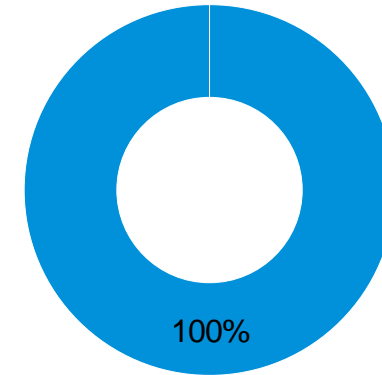
Sports Science Support- Nutrition

Number of consultation sessions received from Nutritionist



- **50%** respondents shared receiving 6 or more sessions on nutrition from a nutritionist.
- **100%** received at least 2 sessions on this aspect.

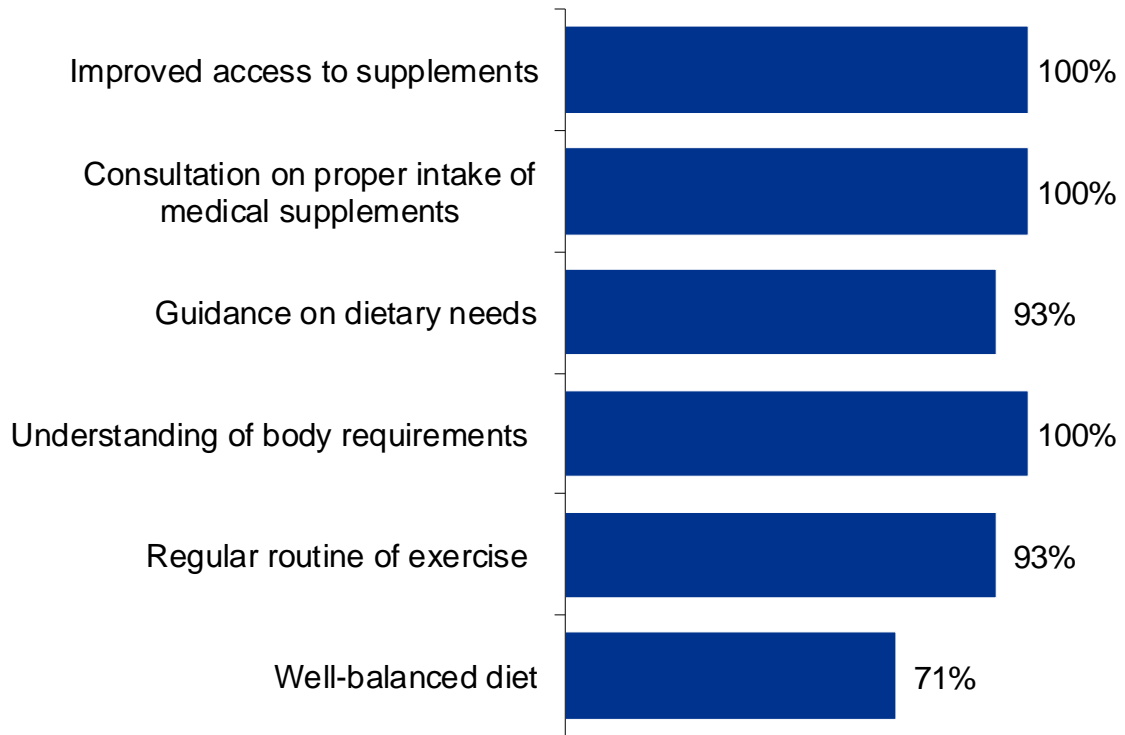
% respondents who received dietary and medical supplements support



- **100%** received dietary and medical supplements as part of nutrition support.

Sports Science Support- Nutrition

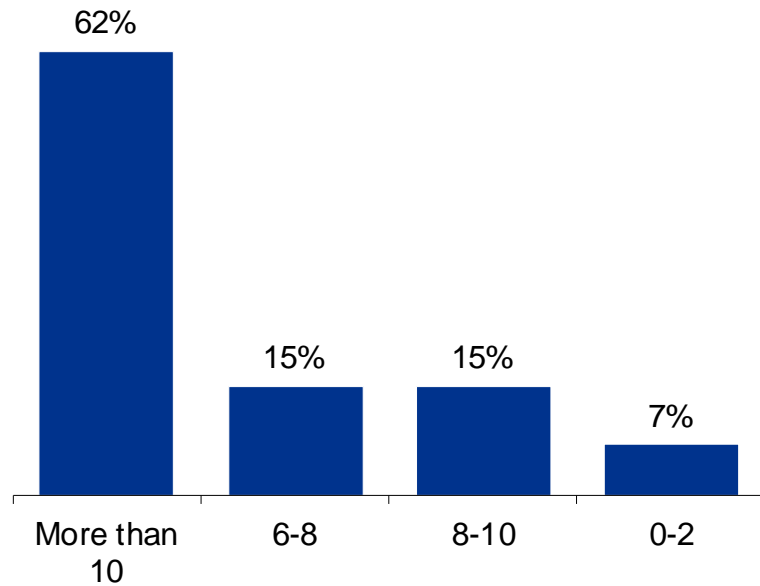
% respondents who experienced 75-100% change



- **100%** shared 75-100% enhancement in improved access to supplements and consultation on proper medical intake of supplements as well as understanding of body requirements.
- **93%** observed 75-100% enhancement in guidance on dietary needs and understanding regular routine of exercise.

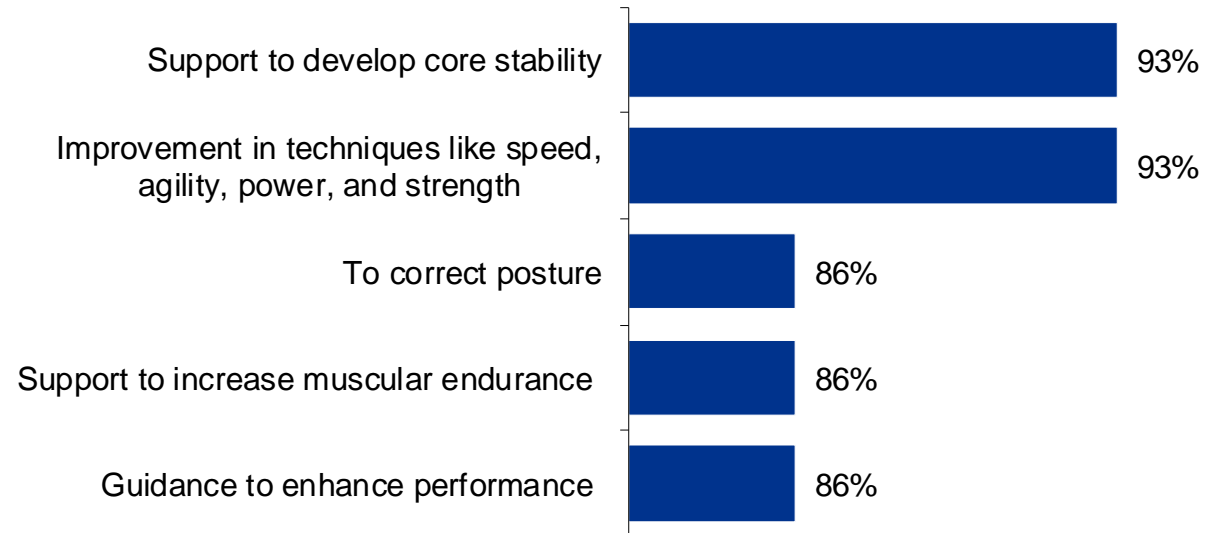
Sports Science Support- Strength and conditioning

Number of sessions received on Strength and Conditioning



- **77%** respondents received 6 or more sessions on nutrition.

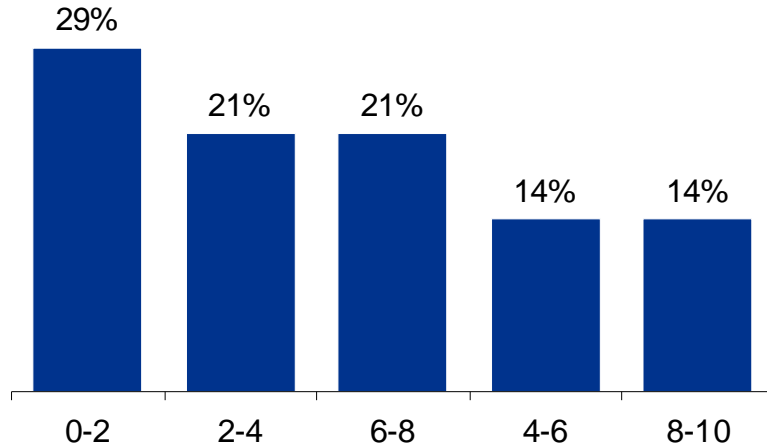
% respondents who experienced 75-100% change



- **93%** reported a 75-100% enhancement in developing core stability and improvement in techniques related to speed, agility, power and strength.
- **86%** reported similar level of growth in correcting their posture, increasing muscular endurance and enhancement in performance.

Sports Science Support-Sport Psychology

Number of sessions on Sports Psychology did you attend on an average



- **49%** respondents received 6 or more sessions on sports psychology

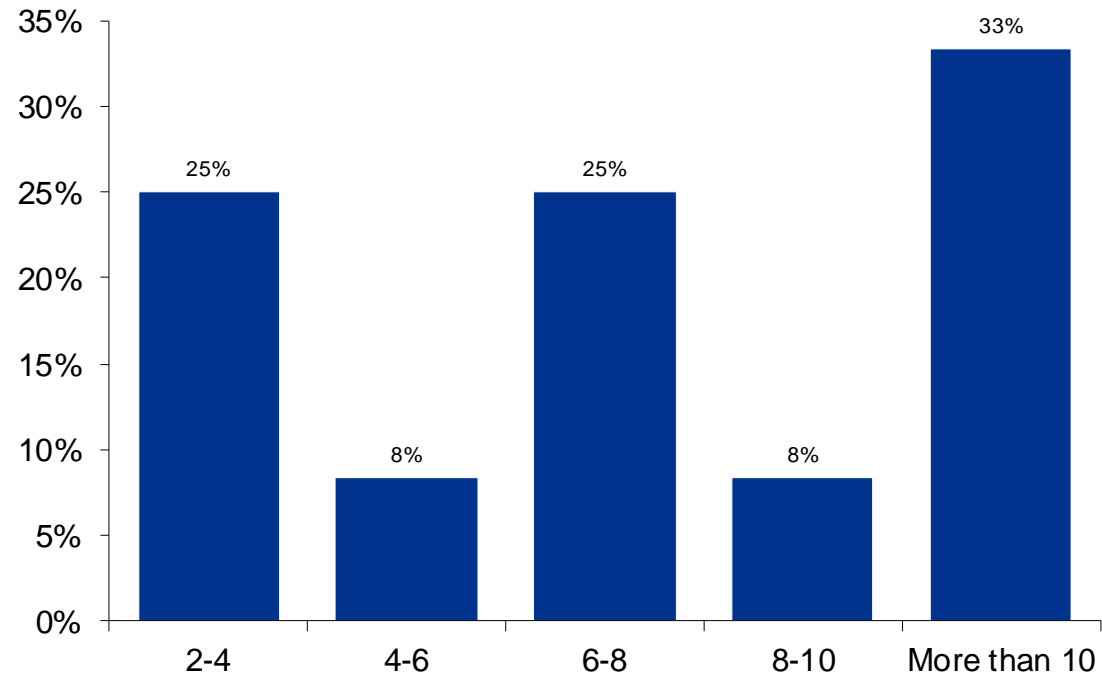
- **71%** respondents reported reduced risk of burnout, increased confidence and enhanced effectiveness in dealing with stress and improved concentration to the tune of 75-100% due to sports psychology support

Impact of Sports Psychology



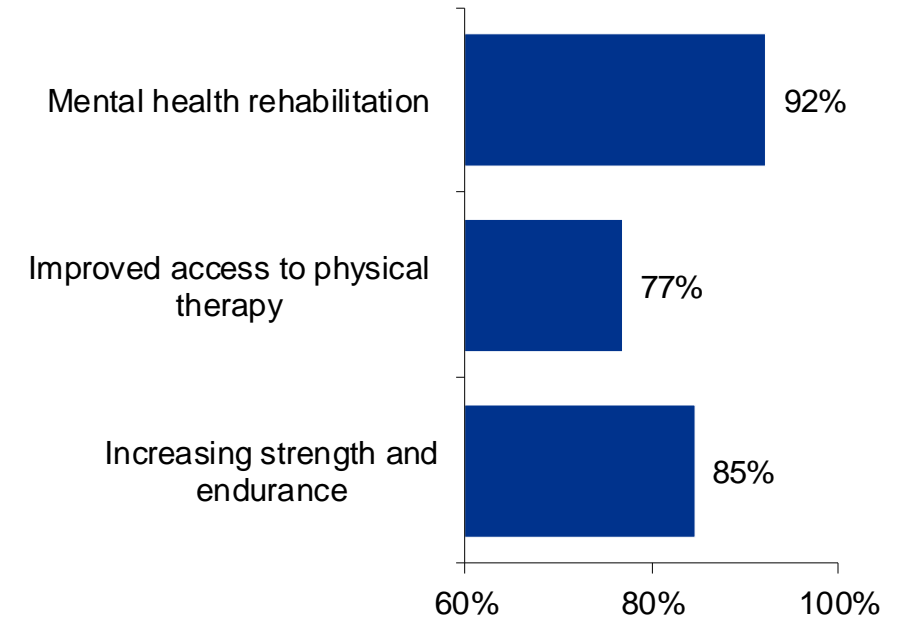
Sports Science Support- Injury management and rehabilitation

Number of sessions on injury management and rehabilitation



- **66%** respondents received 6 or more sessions on injury management and rehabilitation

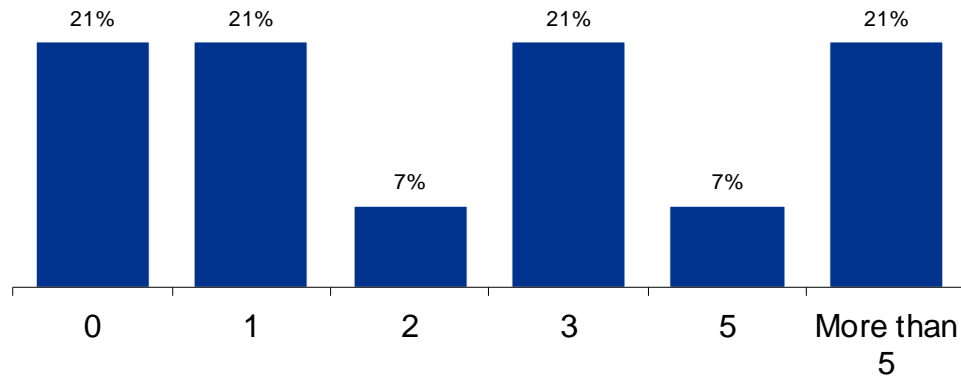
Impact of Injury Management and Rehabilitation Support



- **85%** respondents reported increased strength and endurance and 92% reported improved mental health rehabilitation of 75-100% due to injury management and rehabilitation support

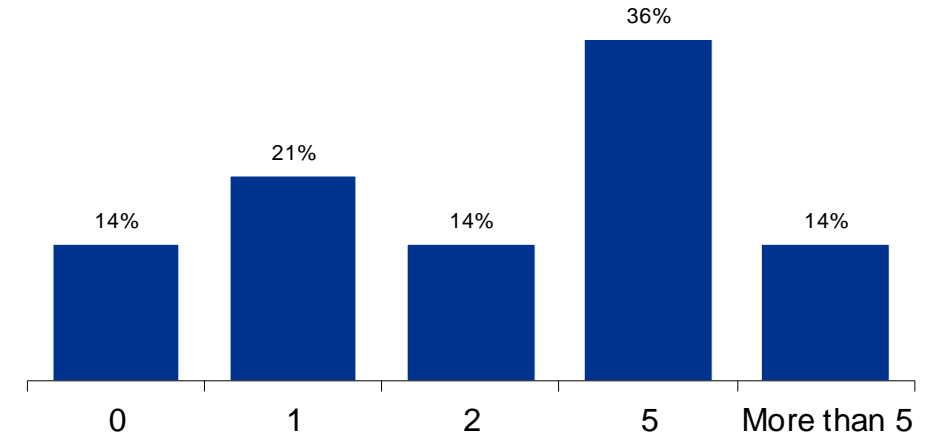
Impact on personal and professional growth

National medal(s) won by respondents



77% respondents won at least 1 national medal in the study period. 64% of them had received 3 medals or more.

International medal(s) won by respondents

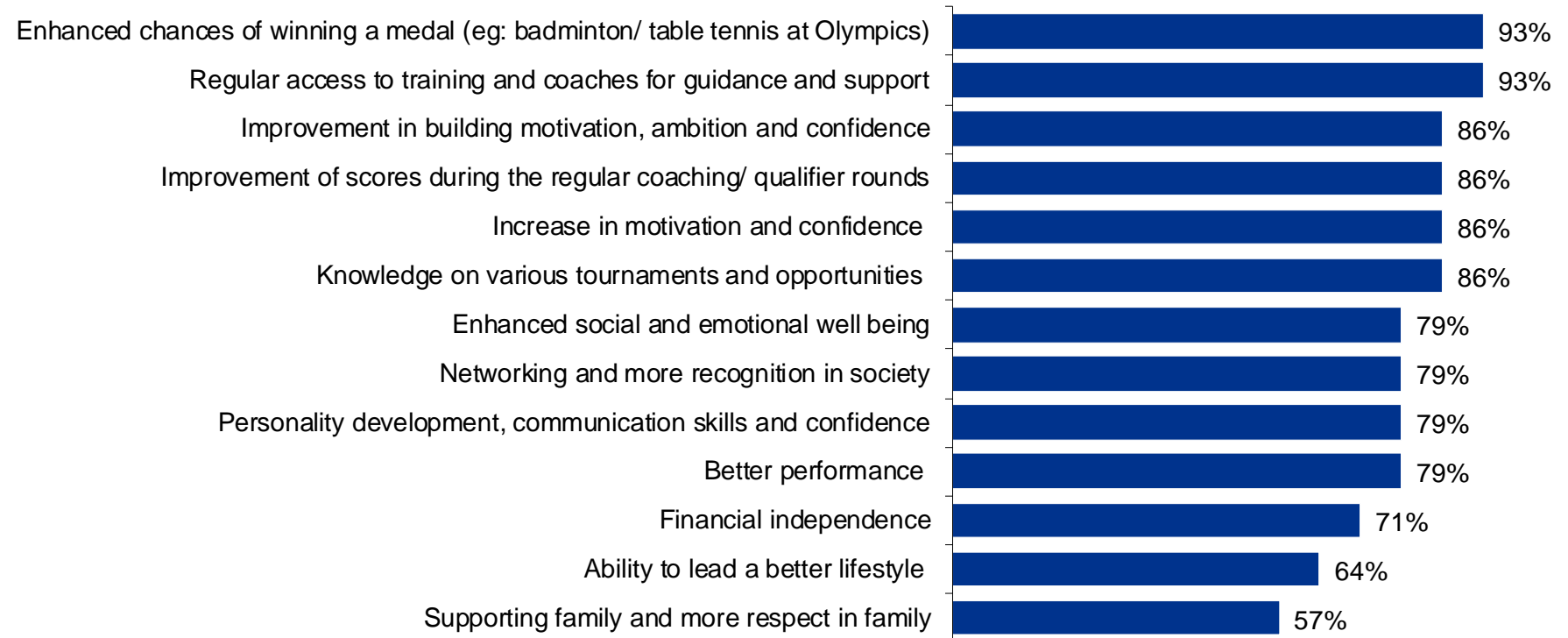


85% respondents won at least 1 international medal in the study period. 59% of them had received 3 medals or more.

- **54%** respondents achieved at least one (national and international) medals in the project support period

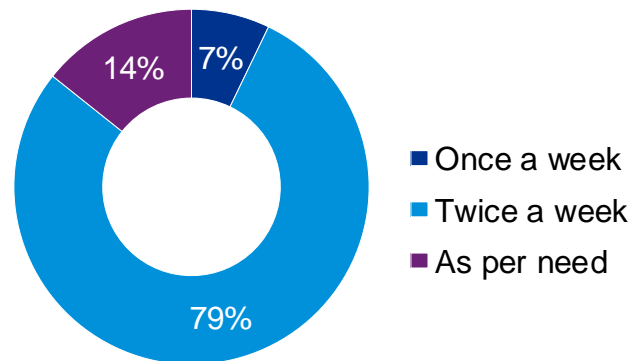
Impact on personal and professional growth

Changes experienced in personal and professional self after receiving support from OGQ



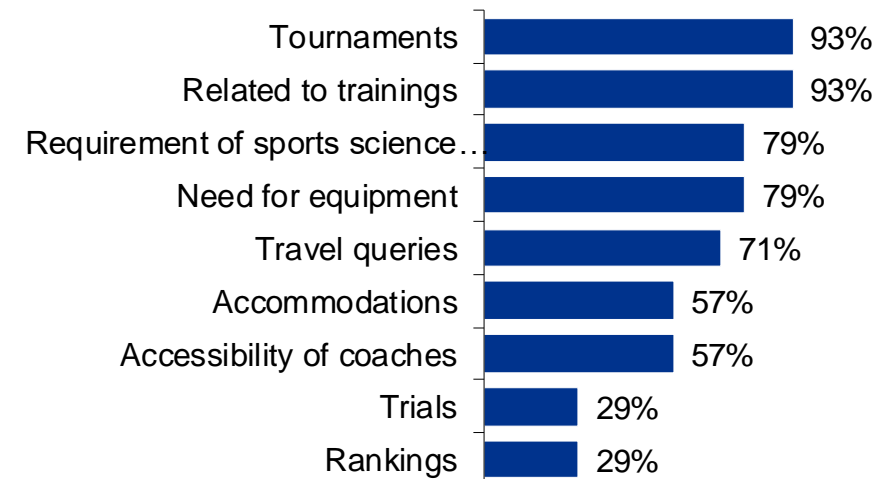
- **86%** respondents reported 75-100% change in scores as well as motivation, ambition and confidence
- **79%** respondents shared enhancement in social and emotional well-being as well as more recognition in society.

Frequency of meeting with OGQ staff members



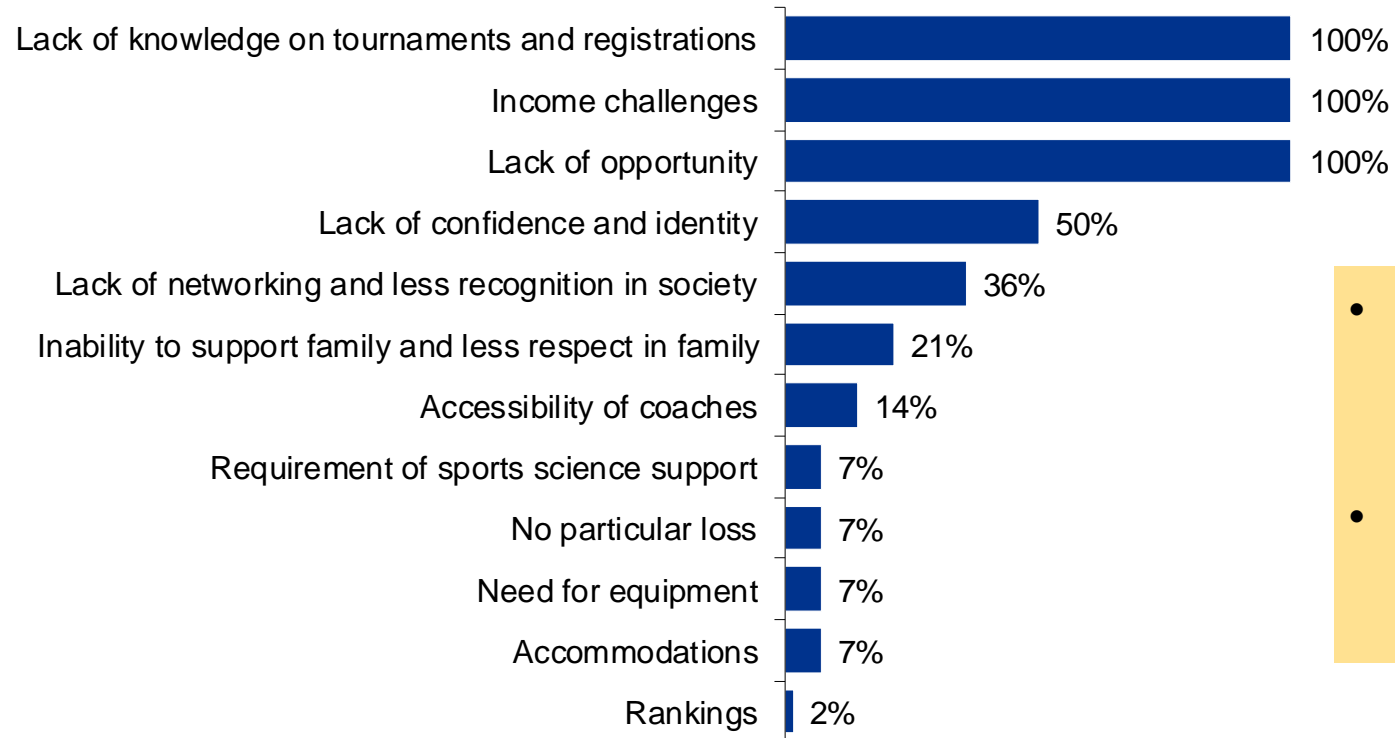
- **100%** respondents met and interacted with OGQ team.
- **79%** respondents met with the team at least two times in a week.

Most common points of discussion with OGQ staff members



- **93%** respondents discussed had tournament and training related discussions with OGQ staff.
- **79%** respondents had sports science and equipment related discussions with the team.

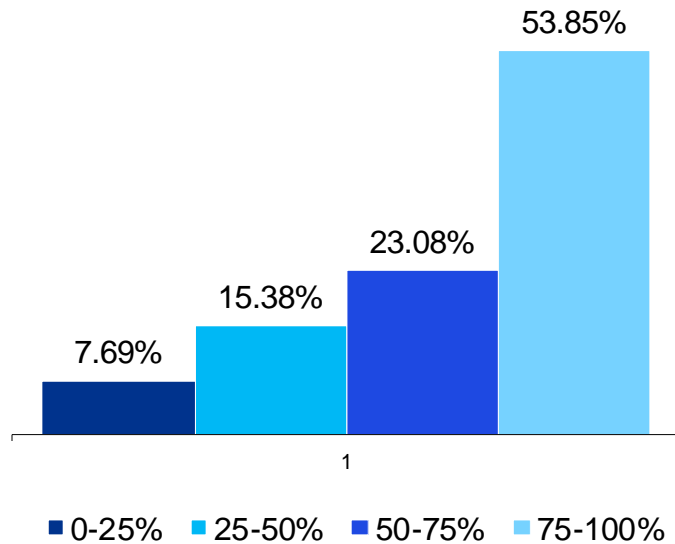
Biggest loss in absence of OGQ program



- **100%** respondents shared that they would have challenges with regards to participation in competitions, access to opportunities and income without OGQ support
- **50%** respondents also shared that their confidence and identity as athletes would be affected adversely without OGQ support

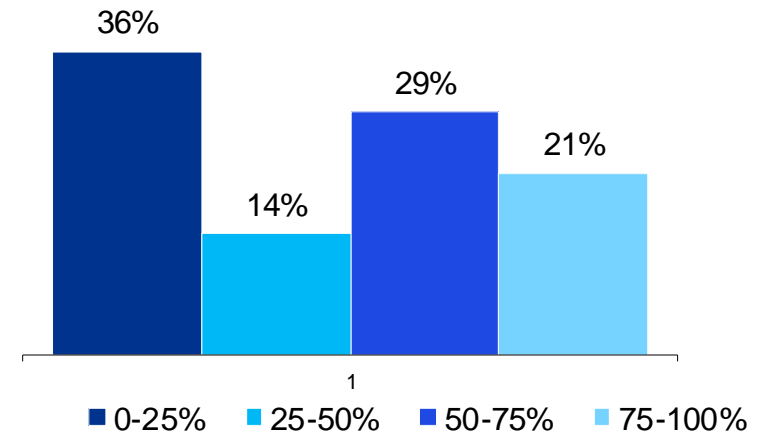
Overall Impact and Attribution

Contribution of support provided by OGQ (Apr-Sept 2021) has strengthening growth as an athlete



- **67%** was the average contribution of OGQ in strengthening the growth of an athlete as per respondents.

% of the achieved benefits respondents may have experienced in absence of OGQ



- **50%** respondents shared that they would have experienced less than 50% of achieved benefits without OGQ support.

Challenges

Training

- Athletes face the challenges such as **competition pressure (56%), technique (43%), strength, endurance, and mental preparation (43%)** while training for competitions

Nutrition

- **Falls reporting** by the athlete is one of the challenges faced by the nutrition team while working with athletes from **remote locations of India**

Sports equipment

- Some of the athletes reported that sports **equipment are costly** and not easily available in the Indian market
- Availability of **backup equipment** is also a challenge during the competition

Injury management

- During the recovery phase of any injured athlete, **maintaining the trust and belief** by the athlete is one challenge reported by the sports science team member

Coaching

- Pre-decided coaching hampers in the occurrence of **government camps**, where OGQ trainers and coaches are not allowed

Training and coaching

- **Language** is one of the challenge while working the athlete from remote locations of India.

Physiotherapy

- **To track** the physiotherapy for athletes from remote locations is a challenge
- **Availability of foreign physiotherapists** is also one of the challenge reported by the sports science team

Note- Above mentioned challenges were reported by the athletes and OGQ team through individual surveys and interactions.

Case Studies

Name: Devendra Jhajharia

Designation: Para-athlete, Javelin Throw

Key insights: Devendra first got involved with OGQ in 2019 when he was facing a severe shoulder injury. He mentioned the overall management of an athletes' needs as one of the best features of the program. The overall guidance and collaboration between coaches and members of sports science team (e.g., physiotherapist, nutritionist etc.) is the most crucial aspect of the programme.

Impact created: With support from OGQ and specific interventions (physiotherapy, injury management, etc.) provided, Devendra achieved one of his best forms and was able to win a silver medal in Tokyo Olympics, 2021. After inclusion of para-athletes in the program, there has been a very positive impact in the lives of young players who have got an opportunity under OGQ.

Key recommendations: The program can incorporate of extending the program for sub-junior athletes.



At the time of joining OGQ in 2019, I had a severe shoulder injury and was not sure of how long I would be able to play. But due to OGQ's support, I was in my best forms in 2020 at the age of 40 and was able to win a medal in 2021 Tokyo Championship.

- Devendra Jhajharia, Two times Gold medalist and Padma Bhushan recipient

Name: Harvinder Singh

Designation: Para-athlete, Archery

Key insights: Harvinder was one of the first para-athletes to be supported by OGQ in 2019. OGQ helped in providing the best and latest equipment, which are often expensive, for Harvinder. The financial support gives them the freedom to buy training related things for themselves. Sometimes due to challenges in following the diet, the supplements sent by the nutrition team substituted and fulfilled this dietary needs.

Impact created:

The physiotherapy and injury management sessions have sensitised Harvinder on the best ways to avoid injury. Due to OGQ's support, Harvinder won the bronze medal in 2020 Summer Paralympics held in August 2021 (due to COVID-19).

Key recommendations: An annual meet to be organised where athletes and para-athletes of the same sport undergo training together.



OGQ team helped to provide the training material at my village location (Guhla Cheeka near Kaithal in Haryana). OGQ ensured My training/ coaching was never hampered

- Harvinder Singh, Silver Medalist, Tokyo Olympics

Case Studies

Name: Kiran George

Designation: Athlete, Badminton

Key insights: It was shared that Kiran faced one major injury in one of his tournaments. In that situation, the OGQ team ensure timely medical access and worked towards a speedy recovery. The nutrition team monitored all recovery progress, the psychologist helped him to re-gain confidence, and coaches worked towards the improvement in performance. In all the tournaments requirements of sports equipment were provided by OGQ team.

Impact created: Kiran shared that he was able to win his 1st international medal in badminton sports because of the support provided by the OGQ team. His performance has been improving since OGQ support through coaching, equipment support, nutrition and physiotherapy support.

Key recommendations: To continue the support from OGQ team members.



Because of the OGQ I was able to 1st international gold medal. OGQ team ensured all kinds of support was provided during the international tournaments.

Name: Anukool Bharadwaj

Designation: Head - Para Athlete Management

Key insights: It was shared that Anukool that the athlete managers played a big role in strategizing and managing the overall preparation of athletes for the Tokyo Olympics and Paralympics.

Impact created: Through a collaborative approach with a sports science team, all para-athletes were supported through nutrition, physiotherapy, timely consultation with a phycologist. Experienced para-athletes were trained to take up the role of a coach through the coaches programme.

Key recommendations: In some of the sports equipment are costly and this is challenging for athletes to practice continuously. Hence, access to the equipment can be strengthened.



It was a very difficult and testing period amidst a lot of uncertainty and the athlete managers ensured that all the pieces are in place and athletes are training at their optimum levels.

- Anukool Bharadwaj

Case Studies

Name: Zeinia Samar

Designation: Physiotherapist, Sport Science Manager

Key insights: It was shared that the physiotherapy support provided to athletes by OGQ is an essential area of support. The athletes are prone to injuries and slow recovery rate due to extensive travel plans, active participating in tournaments and ongoing trainings.

Impact created: With the guidance and supported of professional experienced sports science members and physiotherapist the athletes have access to instant support and quicker recovery. These managers monitor and document athlete injuries, issues, health, and well-being. With the tracking of the data and performance of the athlete sessions take place to prevent injuries and focus on quick recovery rate. The managers use different techniques like manual therapy, well-being monitoring chart, recovery strategies and pain protocol therapy to support the athletes.

Key recommendations: To continue to foster the relationship with the athletes and coaches and provided then with timely guidance to create impact.



The support on sports science has ensured maximum participation of our athletes in Sporting Events with the optimum performance at their peak of fitness.

- Zeinia Samar, Physiotherapist

Name: Tajinder Kaur

Designation: Lead Nutritionist / Team Leader Sports Science- Senior Athlete program

Key insights: It was shared that end-to-end nutrition support was provided to athletes supported under the OGQ programme. Nutrition is a key enabler to building strength for athletes; hence, daily interaction, setting up the diet chart, tracking, and assessing the results are critical.

Impact created: Through timely interactions and weekly assessment health status of all athletes was monitored. The nutrition team collaborated with 45 different vendors to provide certified products to athletes from remote locations in India. In cases of injury to athletes, respective nutritionists worked closely with the medical staff to ensure a speedy recovery. All the symptoms were recorded and monitored through the Athlete Monitoring application.

Key recommendations: To understand and explore other indigenous practices from across the world and to practice the same to ensure appropriate nutritional support is provided to athletes as per the requirements.



I have worked as the Nutritionist to Mirabai Chanu, Ravi Kumar Dahiya, Lovelina Boroghain who won medals for India in Tokyo Olympics.

- Tajinder Kaur

Case Studies

Name: Yatin Bhatkar

Designation: Athlete Manager

Key insights: It was shared that the physiotherapy support provided to athletes by OGQ is an essential area of support. The athletes are prone to injuries and slow recovery rate due to extensive travel plans, active participating in tournaments and ongoing trainings.

Impact created: Under the sports science support the athletes are guided and supported by professional experienced sports science physiotherapist. These managers monitor and document athlete injuries, issues, health and well-being. This progress is track and basis recommendations and sessions take place to ensure the quick recovery rate and prevent injuries. The managers use different techniques like manual therapy, well-being monitoring chart, recovery strategies and pain protocol therapy to support the athletes.

Key recommendations: To continue to foster the relationship with the athletes and coaches and provided them with timely guidance to create impact.



It's been more than a decade since I joined OGQ. The team managed to launch and successfully conducted the coaches programme to ensure quality of support is provided

- Yatin Bhatkar, Athlete Manager

Name: Aalaap

Designation: Senior Physiotherapist, Sport Science Manager

Key insights: The most critical component of physiotherapy is to prevent the occurrence of injuries in the players. Building trust is integral for providing the best level of support to them. Closely observing the player while practice helps in identification of challenges and the reasons behind them. All the support is provided in a manner that empowers the athlete.

Impact created: Aalaap has closely worked with Mirabai Chanu, weightlifter, who won a silver medal at the 2021 Asian Championship. He was providing support to the entire archery, boxing and shooting contingent during the 2021 Tokyo Olympics. Apart from this, he currently works with para-athletes to ensure they are in their optimum form.

Key recommendations: To continue to foster relationships with Federations at the national and international level to promote collaborations and increase visibility for OGQ.



Developing a trustworthy relationship with the player is the first step to understand their needs and offer the best support to the player. This also motivates the player and helps in adoption of newer kinds of interventions.

- Aalaap, Senior Physiotherapist

Testimonials

TRAINING

Athlete

*"I had been at the Tokyo Olympics but my performance was not up to the mark. OGQ team worked closely with me and now I am feeling **much more confident** and I am preparing for Asian Games and Paris Olympics".*

Para-athlete

*"OGQ team has brought in a very professional approach to my training and competition. Everything now is **planned and structured** compared to before where I used to do everything on my own".*

SPORTS EQUIPMENT

Athlete

*"My requirements have been always **attended** to and looked after. on a **priority basis**."*

Para-athlete

*"OGQ team is very **prompt** in addressing the requirements of athletes. I have to just make a call and explain the logic behind the request".*

COACHING

Athelete

*"The training with foreign coach helped me in improving my **technique** and **skills**."*

Para athlete

*"OGQ provided me with sparring partners and an assistant coach to the head coach i was working with. This helped me **mould** my overall game".*

PHYSIOTHERAPY

Athlete

*"The physiotherapy session helped me **post my training sessions** to release the muscles and joints in my body that become stiff during training".*

Para-athlete

*"I was having a lot of stiffness and pain due to increase in training load in the lead up to the Tokyo Paralympics. OGQ Physio Abhishek helped him manage this and do a **good performance**".*

Testimonials

NUTRITION

Athlete

*"The nutrition support was helpful in recovering better and also in boosting **immunity** especially since there was Covid".*

Para athlete

*"I was not very sure about how to **structure** my diet before receiving OGQ support. The OGQ nutritionist, Tajinder helped me understand the best diet for me. All necessary supplements for this were also provided to me".*

STRENGTH TRAINING

Athlete

*"Regular S&C sessions helped us to have the necessary **stamina** to be at 100 percent in all sessions".*

Para-athlete

*"I was doing regular S & C work so overall my **conditioning** was well maintained thanks to the good planning of our trainer".*

SPORTS PSYCHOLOGY

Athlete

*"Psychology support was helpful in improving **confidence** and dealing with **pressure**".*

Para- athlete

*"Nanaki ma'am who took my psychology sessions helped in me dealing with **pressure** of Paralympics which allowed me to prepare for Paralympics in a **calm** manner".*

INJURY MANAGEMENT

Athlete

*"I **did not have any injuries** as we were in a foreign training camp prior to the Olympics and currently I am out of competitions".*

Para-athlete

*"We were really pushing ourselves in training so it helped that OGQ provided a team which could help in **managing injuries** and inevitable small niggles which happen frequently".*

Photographs

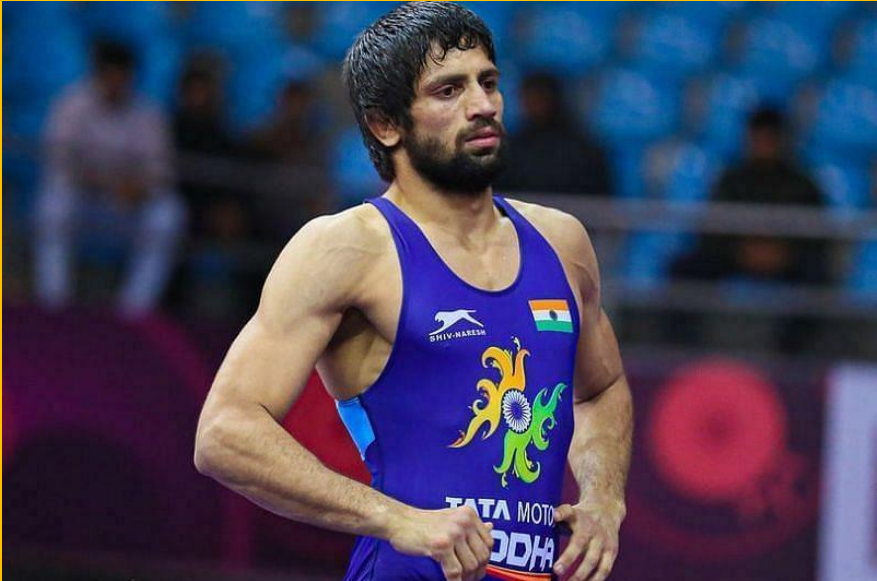
*Nishad Kumar
at Tokyo-
paralympics -
Amputees*



*Harvinder
Singh at
Tokyo
Olympics*



*Ravi Kumar
Dahiya at the
2020 Tokyo
Olympics*



*PV Sindhu
Tokyo
Olympics*



IRECS Evaluation

Component	Remarks	Status
Inclusiveness	<ul style="list-style-type: none">• The programme covered all stakeholders critical for ensuring successful implementation.• The programme was gender inclusive as equal participation of male and female athletes were evidenced• The programme was inclusive as the para-athletes were given the support to train and participate in para-Olympics.	●
Relevance	<ul style="list-style-type: none">• Promoting athletes and para-athletes to increase the representation in national and international sports event is one of India's national agenda.• The programme provides the relevant support and guidance to sportsperson to participate in a greater number of events and win medals.	●
Effectiveness	<ul style="list-style-type: none">• The program was highly effective as players attributed various outcomes and ultimately, their medal winning capabilities to the support provided by the program.• OGQ to track and document impact on indirect beneficiaries such as coaches, sports science team, Government authorities, family members and common citizens/ other athletes motivated by the project.	●
Convergence	<ul style="list-style-type: none">• The programme has identified several partnerships with Sports Federations, including becoming the official partner for Rifles Association of India.• OGQ would continue to foster and grow such relationships to increase convergence with these partners.	●
Sustainability	<ul style="list-style-type: none">• The coaches' program under the program trains senior athletes and imparts specific skillset who would train upcoming athletes, thereby, making this objective sustainable.• OGQ can analyse the data from their work to provide 'Thought Leadership' on sectoral level.• OGQ can further strengthen their collaboration with the government to advocate for policy changes.	●

On track ●

Improvement required ●

Moving Forward



Project Design:

Preparation of an SOP document for all the roles and responsibilities of OGQ functions can help to bring the effective communication

Project Monitoring:

Documentation and recording of athlete's performance during the training and under the sub-sets of sports science can be strengthened through a tracker

Project Scale-up:

Pre-junior/ junior programmes can be designed and implemented basis of the needs of each supported sport

Project Sustainability:

In the interest of efficient implementation of the project collaboration with the government can be explored.



Support to Athletes by OGO

NAM India with

Foundation for Promotion of Sports and
Games

Impact Assessment on key parameters