

ELMS
sports



HIGH PERFORMANCE LEADERSHIP PROGRAM

Class of 2022-23 • Participant Profiles

Knowledge partners





Online Foundation Program for Sports Administrators by ELMS Sports Foundation and Abhinav Bindra Foundation

Recognizing the need for competent high-performance administrators to drive India's aspiration of becoming a sporting powerhouse by 2028, ELMS Sports Foundation in association with Abhinav Bindra Foundation launched its inaugural High Performance Leadership Program in July 2020.

The High-Performance Leadership Program (HPLP) is a one-of-a-kind resource put together by ELMS Sports Foundation, in an effort to create more leaders and strong influencers in the Indian Sporting Landscape. The Abhinav Bindra Foundation has come on board as the course's Knowledge Partner, in a bid to share its learnings and collaborate towards a robust program that every participant can associate within the current situation of Sport.

This online training program is specifically designed to help India's sports administrators upgrade their knowledge, skills, and abilities in the area of management and leadership in High Performance Sport.

High Performance Leadership Program



Goals

Through 5 core learning themes, participants will gain critical insights into what it takes.



Lead the sports organization with clear vision and goals, put in place efficient organization design, governance structures, and align functions as per Olympic Charter.



Leverage all relevant sport sciences for maximizing performance of athletes, for process efficiency of organizations, and provide cutting edge performance support to the athletes.



Define/refine holistic sports policies as per needs of all stakeholders, implement plans with efficiency, monitor on-ground implementation and regularly share improvement opportunities.



Understand, review and establish world class processes for talent ID and development at youth, junior and senior levels.



Developing critical skills needed for managing self and others to maximize performance and overcome challenging situations and the ability to lead high performing teams and organizations.

These are the five proposed types of modular activity that will underpin the program.



Learning Modules

Sports Organization Development	Developing and managing Olympic, national and other international sport organizations; Creating high performance culture within organization.
Emotional Intelligence in Leadership	Developing critical skills needed for managing self and others to maximize performance and overcome challenging situations and the ability to lead high performing teams and organizations.
Talent ID & Development	Recognizing and developing athletic talent at the youth, junior and senior levels of development (Podium Potential, Podium Capable, Podium Ready).
Strategy to Deliver	Developing and implementing appropriate strategies for all aspects of athlete preparation and competition.
STEAM Sport	Understanding and critical evaluation of applicability of Sport Science, Technology, Engineering, Analytics, and Medicine in Olympic Sport Performance.



About ELMS Sports Foundation

ELMS Sports Foundation is a not-for-profit initiative committed to accelerating the development of sports in India. We are a Physical Literacy and Sports Excellence promotion organization with a vision of creating and disseminating world-class sports knowledge amongst all Indians. We aim to act as a critical change agent to ensure healthy and happy children, empowered coaches/PE teachers, aware parents and performance-oriented administrators and knowledgeable stakeholders.

ELMS Sports Foundation under the guidance of Pullela Gopichand and Abhinav Bindra, is committed to accelerating the development of our country through a Physically Literate society and high performing athletes. The Foundation is promoted by Mr. Jalaj Dani and Ms. Vita Dani. Reliance Foundation, the philanthropic arm of Reliance Industries Limited, also committed to support ELMS vision.



The Abhinav Bindra Foundation is a non-profit organisation that has dedicated itself to Sporting Excellence. Through ensuring global best practice is made available to all, the Foundation identifies ways to educate, inspire, and help the Indian ecosystems accept nothing but excellence. Founded by India's first Olympic Gold Medalist Abhinav Bindra, the Foundation currently works with Sport Science and its implementation in India as a primary focus, with the intention to also ensure skill development, education, and social upliftment through sport can be explored.

The three Avenues of Outreach that the Foundation employs are:

- Education and Awareness
- Intervention
- Research

Using these Avenues, the Foundation has reached out to almost 800+ athletes across 6 cities, as well as the surrounding ecosystem, bringing all a step closer to excellence.

About The Abhinav Bindra Foundation



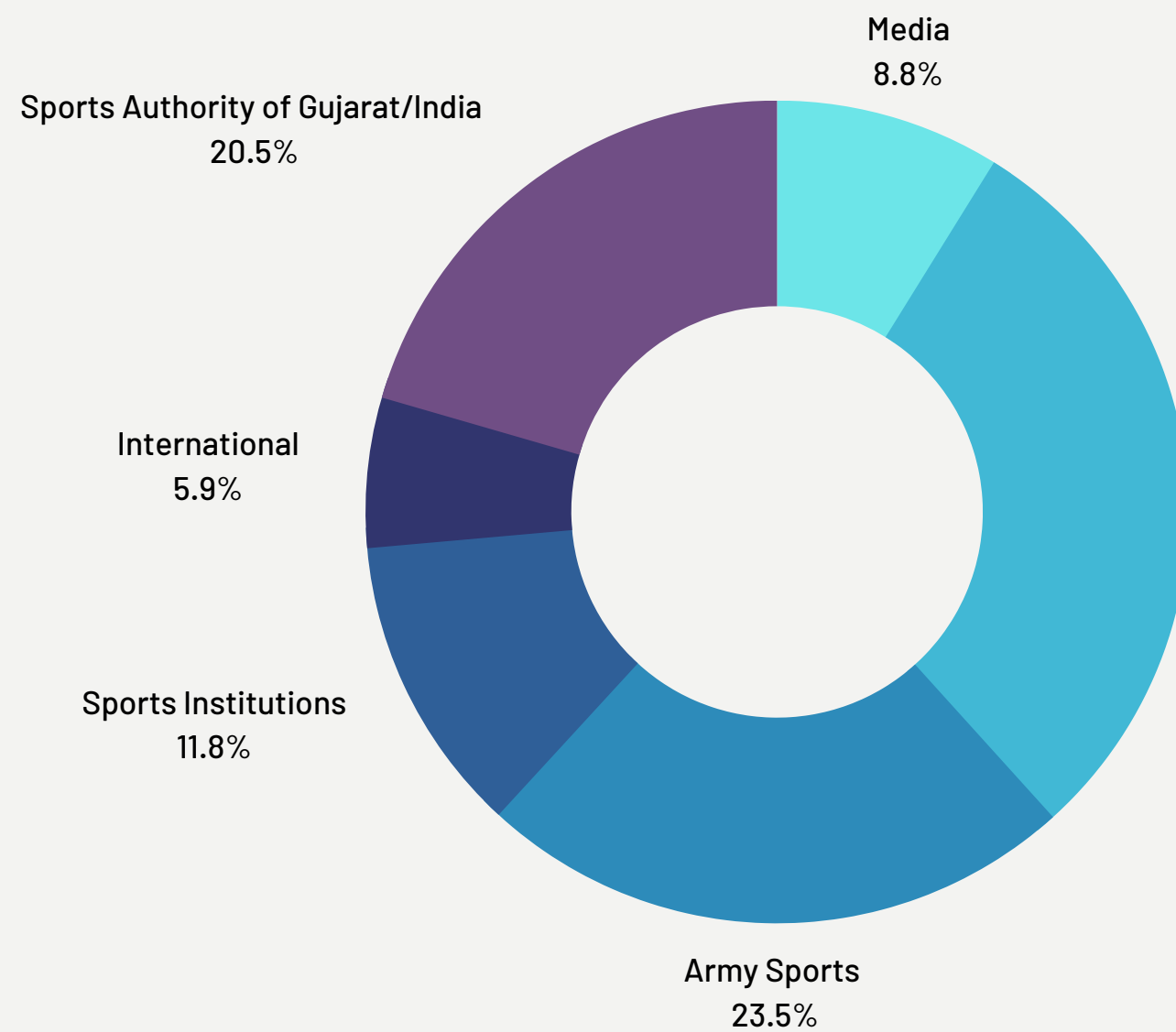
About Loughborough Sport

Voted 'The Best University for Sport in the World' by QS World University Rankings for six consecutive years (2017-2022), Loughborough University boasts the greatest concentration of high-performance sports facilities than anywhere else in the UK and is proud to be associated with world-class sports organizations including the British Olympic Association and National Governing Bodies for Cricket, Swimming, Athletics, Triathlon and Weightlifting.

Loughborough Sport, the knowledge partner for the program, plays host to many of the highest performing athletes and teams in the UK. All its programs are led by expert coaching personnel who are constantly striving to improve both individual and team performance and are supported by a wide range of skilled support services.



Participants from this batch



Independent
29.5%

Media	03
Independent	10
Army Sports	08
Sports Institutions	04
International	02
Sports Authority of Gujarat/India	07
TOTAL	34

Participant Profiles



Sulochana Sijakhwa
Sports Expert Officer, SSAN and NSC & Assistant
Professor, Tribhuvan University (TU)

Sulochana is a sports expert and researcher, currently working at the Sports Science Academy, National Sports Council Nepal since 2014. She is an Executive Member, Sport Museum Commission, NOC, and Technical Member, Nepal Pentathlon Association. She has a Bachelor's Degree in Physical Education and Sport, CUBA; a Master's Degree in Sports Science with specialization in Exercise Physiology and Sports Medicine and Master's Degree in Management at Tribhuvan University. She won gold medals at the 10th South Asian Games, Colombo in 2006 and was a semi-finalist in individual kata at the 15th Asian Games in Doha, Qatar. She is involved in different researches in physical activity, physical education, and sports sciences.



Wan Nor Afzan Wan Mahadi
Director of National Coaching Academy,
National Sports Institute of Malaysia

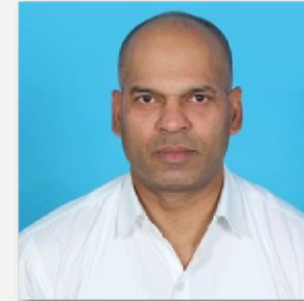
A former Malaysian netball player, Afzan represents Malaysia in higher level Commonwealth and World championships. She received a scholarship from the British government to further her studies at the University of East London (Sports Development) and Masters in Health Science (University of Science Malaysia). Her work now as a Director for National Coaching Academy of Malaysia aims to go beyond coaching of producing competent and certified coaches through a sustainable and international coaching system and culture. She sits on the advisory board of coaching in national and state sports association in the field of coaching expertise education in Malaysia. She is one of the contributors for coaching syllabus for National Coaching Academy of Malaysia. Additionally her main focus is to expose and develop a proper structure framework for Malaysia's coaching development ecosystem. Besides her responsibility at the international level, she is a board member of International Council for Coaching Excellence and a committee member for the emerging country in sports coaching.

Participant Profiles



Lt Col Utpal Shridhar More
Lieutenant Colonel, Indian Army

Commissioned into the Army in March 2000, Utpal has 23 years of diverse experience in different parts of the country in operational planning, execution, management and administration. He has been part of the raising team of the Army Yachting Node under Mission Olympics programme, and has actively participated in various national and international events as a playing member of Army, Services and Indian team. Post active sailing, he set up two training establishments for sailing in Hyderabad and Talbehat, the latter being the only one of its kind in the Bundelkhand region of UP. He has also single-handedly conducted three national catamaran championships on the East coast of India besides coaching young sailors for Asian Games 2006 and officiating as a tech official in sailing events. Having been away from the sport for some time due to service requirements, it is now his endeavour to upskill himself through this program to bring about positive change in sailing and ensure stellar leadership to the high performance program for winning medals at the highest levels.



Arun Kumar Tiwari
Education & Sports Officer, Indian Army

Arun is an army officer presently posted in NE. He is a very enthusiastic sports person. Apart from the official work related to his profession, he is involved in preparing, kitting and procuring equipment for teams in various disciplines like boxing, golf and handball since last 25 years. He has also participated in these sports in many tournaments. At present, he play golf regularly. He has a Diploma in sports management from the prestigious institute LNIPE Gwalior and Post Graduation Diploma in logistics and supply chain management. Through HPLP, he hopes to help his son and underprivileged children who wish to perform well in sports.

Participant Profiles



Lt Col Abhayjit HS Sandhu
OC BSC & OIC KI,
Army Sports Institute

Abhayjit is erstwhile services level sportsman. He is currently looking after athletics, boxing and fencing at the Army Sports Institute.



Rakesh M
Strength & Conditioning Coach,
Army Sports Institute

Rakesh M is a strength and conditioning coach serving at the Army Sports Institute, Pune.



Shibu Michael
Coach, Army Sports Institute

Shibu is an athlete who competed at 400m hurdles. Now he coaches athletes at the ASI especially in 400m hurdles. He completed an NIS Diploma in Sports Coaching with A Grade and a Masters degree in Sports Coaching (MSc) at Patiala with A Grade. He completed Coaches Education Certification System Level 1 and a 6-month certificate course in Strength & Conditioning conducted by Sports Authority of India.

Participant Profiles



Waribam Ranjan Singh
Archery Coach, Army Sports Institute

Waribam is national level archery coach based in Army Sports Institute. He accompanied the Indian team in more than 15 international tournaments including Asian Games, World Cup, World Championships and Asia Cup and has won plenty of medals for the country.



Pratik Arun Deshmukh
Manager, Lakshya Shooting Club

At the age of 18 , Pratik started shooting at Lakshya Shooting Club and as an athlete, he represented Maharashtra at various national level competitions. After completing BSc (Computer Science) from Mumbai University, he started working at Lakshya as an assistant Coach to Suma Shirur Oly. In 2016, he switched from coaching and joined administration as Manager of the Club. He has contributed to handling not-for-profit organizational activities like conducting competitions, talent hunt programs, setting up the new shooting ranges and working on government projects. He also works for Tiro Sports Pvt Ltd, a distributor and manufacturer of shooting equipment, where he deals with marketing, government tenders and R&D in shooting sports equipment.

Participant Profiles



Aditya Kedia
Founder, XFitKids

Aditya has an MBA in Finance, and is ex-banker, now on a mission to make fitness training accessible to every kid in the country and beyond. He is a CrossFit Level 1 trainer, CrossFit-Kids certified coach, K11 certified PT and has also done his Animal Flow L1.



Ajeya Row
Director, Footie First

With an education in science and mathematics, Ajeya Row spent the early part of his career finding his true passion. From computer programming to instructional design to starting a communications agency and finally founding a football coaching academy for children Footie First, in 2016 - it has been a fruitful journey for him. He lives, breathes and loves football, and his vision is to make Footie First India's number 1 grassroots football coaching academy.



Aradhana Sharma
Founder, Nutrigetic Wellness

Anuradha has been working in the high performance sports sector for last 11 years in India. She has a total 24 years of experience in the exercise, fitness and sports industry in India and the USA. Her core competencies lie in wellness, high performance nutrition and life coaching. She has worked with more than 3500 athletes and coaches including many Olympians who represented India in various sports disciplines. As a senior consultant, she has worked with many government and CSR projects in high performance sports.

Participant Profiles



Suhail Chandhok
Co-Founder,
Elev8 India Sportz Pvt Ltd

Hailing from three generations of sports, Suhail Chandhok has immersed himself in sports since he can remember. Having played professional cricket in India, Australia and the UK, he had to retire early because of multiple knee surgeries. He subsequently founded a sports PR and marketing firm before pursuing a career as a sports broadcaster, hosting and commentating on the likes of IPL, World Cups, Pro Kabaddi, Hockey India League, Wimbledon, PBL, etc. He is also a co-founder at Elev8 India Sportz, growing youth Kabaddi (for now) and creating a platform for young talent to become household names and earn a livelihood through sport.



Vignesh Manikandan
Chief Executive Officer,
Fitoverse

Vignesh is a civil engineer and a sportsman. While in school, college and university, he participated in national level competitions. Sports is his passion. He is currently building a sports startup that's into sports construction and curriculum management for schools.

Participant Profiles



Rajnish Sinha
Chief Operating Officer,
KSR Sportseed

Rajnish is an Economics graduate and he did his PGDM from IIM Kozhikode in 2005. After working in FMCG and Banking sectors, he has been involved in the sports sector since the last 7 years. He has worked on grassroot level projects with governments, sports education with private schools and also designed and implemented CSR sports programs for corporates. Currently, he is looking after Sanskardham Sports Academy where they are in the process of building India's best and most advanced high performance center in sports with a target of winning Olympic medals for the country.



Mamata Prabhu
Senior Manager, Bank of Baroda

Mamata is a Commonwealth Games medalist, and was part of the Indian women's table tennis team. While she is currently employed at Bank of Baroda, she also coaches the Indian women's table tennis team. She is a Shiv Chatrapati Awardee.

Participant Profiles



Kapil Gurditta
Manager - Olympic Talents and Haryana Steelers, JSW Sports

A university basketball athlete turned sports management professional, Kapil has almost 10 years experience in the Indian sports industry and have worked at the Sports Authority of India for Khelo India School Games. Post that he worked with the Wrestling Federation of India for 2 years and he got the opportunity to work with top Indian medal prospects at the Olympics. He currently works with JSW Sports Pvt Ltd where he manages top Olympics talents like Neeraj Chopra, Bajrang Punia, Sakshi Malik, Avinash Sable and others. He also manages Haryana Steelers which is JSW's team at the Pro Kabaddi league.



Prashant Tayde
Associate, Dream Sports Foundation

Prashant has a BTech degree in Civil Engineering from Sardar Patel College of Engineering. After his graduation, he worked at ACC Concrete (now Adani) for 2 years, post which he pursued his Masters in Sports Management degree from Mumbai University. He has worked and interned with organizations like Tata Trusts, India On Track, Pro Sport Development and Dream Sports Foundation.



Akash Ramesh Nisar
Project Consultant - Sports, PwC

Akash is currently working with PwC as a Project Consultant with Sports Authority of Gujarat. In the past, he has worked with Olympic Gold Quest (OGQ) into athlete management, having had a chance to work with some of the elite Indian athletes. Through HPLP, he wishes to work towards development of elite athletes, helping them achieve glory for the nation.

Participant Profiles



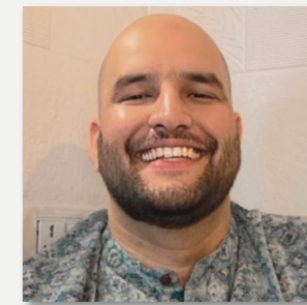
Amit Kamath
News Editor - Sports,
News9 Digital

Amit is a sports journalist at News9 Live, a website that is part of the TV9 media group. He has been a sports journalist for 12 years now. In this time, he has worked with organizations like The Free Press Journal, Mid-Day, The Hindustan Times and Firstpost. His focus in these roles has primarily been on covering Olympic sports. In 2021, he covered the deferred Tokyo Olympics, where he was part of a contingent of just 20 Indian journalists travelling to Japan. Earlier this year, he also got the opportunity to cover the Commonwealth Games in Birmingham.



Shantanu Srivastava
Associate Editor - Sports,
Hindustan Times

A seasoned sports journalist with over a decade's experience across agency, print and digital media, Shantanu has covered a host of sporting events including shooting and hockey World Cups, Test and ODI cricket, athletics, among others. He previously led the sports desk at Firstpost.com. He loves to travel and watch sports.



Ashrit Vaidya
Student

Ashrit is a student of Journalism and Psychology. He has experience working in the field of sports journalism, applying his skills on both professional and personal projects. He has worked with multiple NGOs focused on grassroots and championship level sports. The potential of sports for development projects has been an important motivator for him. He wants to use his education to become a high performance sports administrator.

Participant Profiles



Arjun Pradipak
Sailing Coach

Arjun started sailing at the young age of 7 under the guidance of his father CS Pradipak, an Arjuna Awardee Yachting at the Secunderabad Sailing Club. He went on to participate and win medals in numerous national championships and has also represented India at many international championships. He was an active member of the national squad for nearly ten years. He was one of the youngest participants to participate in Asian Games in Sailing. He is currently a qualified Dinghy instructor with the Yachting Association of India. He has over 6 years of experience coaching at Secunderabad Sailing Club, one of India's oldest of its kinds. In a short span, he has successfully been able to revive the sport and created a team of young sailors. His students have been sailing at the forefront of Indian National Sailing.



Hardikkumar Arvindbhai Patel
Head Sports Physiotherapist,
Sanskardham Sports Academy

Hardikkumar currently works as a Head Sports Physiotherapist at Sanskardham Sports Academy, Ahmedabad. Previously he has worked with Sports Authority of India in Sonipat and Sports Authority of Gujarat 's High Performance center in Nadiad from August 2014 to February 2021. He also consulted at ELMS Sports Foundation from 2017 to 2021. He got the opportunity to work with the various levels of athletes - from grassroots to international - and also accompany the various teams in national and international tournaments.

Participant Profiles



Mridul Kataria
Chief of Staff,
Sports & Society Accelerator

Mridul has more than four years of academic and field experience in the sports and social change sector. He has spent his time in a variety of roles at organizations including the United Nations, harnessing the power of sport for good. He has worked in research, knowledge creation, partnerships and is currently working on making physical activity more accessible in India with the Accelerator.



Kankala Vishnu Kumar Prashant
Coach, Sports Authority of India

Vishnu works as a hockey coach at the Sports Authority of India. Earlier, he served in Indian Air Force for 23 years. He has been associated with sports almost all his life, having played at national levels representing Air Force and services, and winning gold medals. After that, he worked in different roles such as coach, manager, administrator while serving in the Air Force. He has a keen interest in most of the sports and has good knowledge of grassroots levels for various sports.



Vismay Ranjit Vyas
District Coach,
Sports Authority of Gujarat

Vismay is a table tennis coach and works at the head office of the Sports Authority of Gujarat. He looks after SGFI and Khelo India.

Participant Profiles



Krishna Pandya
District Sports Development Officer,
Sports Authority Of Gujarat

Krishna has a diploma in sports coaching in swimming from NIS. She has also done her Masters in sports and sports science (MSc). She was previously a swimmer and triathlete, and she presently has her students representing India in swimming and triathlete events.



Samir Panchal
District Sports Development Officer,
Sports Authority Of Gujarat

Samir completed his NIS in tennis discipline in Bengaluru. Right now, he is posted as a district sports development officer in Ahmedabad.

Participant Profiles



Kaushik Patel
District Coach, Sports Authority of Gujarat

Kaushik works at the Sports Authority of Gujarat. He looks after 41 district level sports schools across Gujarat, where about 4500 players get trained under the qualified coaches.



Nimesh Patel
Director - InSchool, Sports Authority of Gujarat

Nimesh Patel is a handball coach, working at the Sports Authority of Gujarat since 15 years. Now he is in charge of InSchools, one of the best base schemes of sports. They have 239 InSchools in Gujarat, and they are working to cultivate sporting culture and build a base for sports ecosystems .

Participant Profiles



Lt Col Kumar Anupam
OC, Army Sports Institute



Chetan Patel
District Sports Development Officer,
Sports Authority of Gujarat



Col Eshwar Reddy
Army Physical Training Corps,
(APTC)

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