



DR. RAMESH NAGAPPA BHENDIGIRI

PROFESSIONAL SUMMARY

Accomplished Head Kabaddi Coach with successful record over 35 year career at state and National level. Ready to dedicate exceptional work ethic, decisive leadership skills and program management experience to player and program needs at progressive unit. History of working well with players, staff, administrators and families of all backgrounds to accomplish challenging objectives and support diverse player needs.

SKILLS

- Head coach for 4 different National teams - **India, Thailand, Bangladesh and Nepal.**
- Head Coach for Pro Kabaddi League - **Telegu Titans, Dabaang Delhi.**
- Strategy Coach for Jaipur Pink Panthers in Pro Kabaddi League.
- Received "**Best Coach Award**" from Maharashtra Government.
- Honored with "**DADOJI KONDADEV AWARD**" by Maharashtra Government.

INTERNATIONAL COACHING EXPERIENCE

BANGLADESH CHIEF COACH 2021 to 2021 **Bongobondhu Cup, Gold Medal**

Trained Bangladesh Mens team during 2020-

- Trained Bangladesh Mens team during 2020-2021, for Bongobondhu cup.
- The team finished up with a **Gold medal** for this season.
- Modified workout plans according to fitness levels and medical considerations.
- Evaluated tapes of competition matches to assess strategies and plan counter approaches.
- Increased player strength, agility and game skills through successful practices.
- Established clear benchmarks for performance and monitored individual and team progress.
- Introduced games and drills, which helped the players to better develop skill levels.

NEPAL TRAINING COACH 2020 to 2021

Nepal National Team

- Promoted proper stretching, warmups and conditioning exercises to prevent sports injuries.
- Conducted research, gathered information from multiple sources and presented results.
- Used critical thinking to break down problems, evaluate solutions and make decisions.
- Motivated athletes to become stronger, more agile and more effective through training habits and proper nutrition.
- Conferred with assistant coaches to determine weaknesses in current team roster and develop recruitment plans.
- Readied athletes for tough games by implementing coordinated regimens of practices and physical conditioning.

THAILAND CHIEF COACH 2014 to 2014

17th Asian Games –Incheon (South Korea), Bronze Medal

- Coached players on specific position requirements such as Raiding and Defense.
- Created and organized progressive training program for each specific position.
- Developed profound sense of team belonging throughout season.
- Planned and directed game strategies.
- Planned exercise regimens targeting individual needs and enhancing personal results.

THAILAND CHIEF COACH 2013

Beach Asian Games –Oman, Silver Medal (Women)

- Coached players on specific position requirements such as Raiding and Defense.
- Created and organized progressive training program for each specific position.
- Planned and directed game strategies.

INDIA WOMEN HEAD COACH 2012 to 2012

World Cup, Gold Medal

- Motivated athletes to become stronger, more agile and more effective through training habits and proper nutrition.
- Conferred with assistant coaches to determine weaknesses in current team roster and develop recruitment plans.
- Evaluated individual knowledge, skills and strengths and assigned team positions to maximize talent areas.
- Traveled across region to observe junior athletes and identify potential team recruits.
- Enforced discipline both on and off field to lead team with highest personal standards.
- Taught players how to run specific game plays in order to build cohesive, structured team.

THAILAND CHIEF COACH 2011

Beach Asian Games –Haiyang (China), Silver Medal (Women)

- Coached players on specific position requirements such as Raiding and Defense.
- Created and organized progressive training program for each specific position.
- Developed profound sense of team belonging throughout season.
- Planned and directed game strategies.
- Planned exercise regimens targeting individual needs and enhancing personal results.
- Established clear benchmarks for performance and monitored individual and team progress.

COACHING FACULTY MEMBER 2011 to 2012

International Coaching Seminar

- Mentored and developed novice coaches in recruiting and scouting of student-athletes.
- Cultivated community and media relations through social media and other communication channels to support program.
- Boosted performance of individual athletes by devising strategic personal training programs.
- Organized and led practices and scrimmages to increase competitive attitude and skills.
- Traveled across region to observe junior athletes and identify potential team recruits.

THAILAND HEAD COACH (MEN AND WOMEN) 2010 to 2010

Asian Indoor Games –Incheon (South Korea), Silver Medal

THAILAND HEAD COACH (WOMEN) 2010 to 2010

6th Asian Games – Guangzhou (China), Silver Medal

**PRO KABADDI
COACHING
EXPERIENCE**

STRATEGY COACH 2019 to 2020

Jaipur Pink Panthers

PRE SEASON PREP Coach 2019 to 2020

Jaipur Pink Panthers

HEAD COACH 2017 to 2018

Dabaang Delhi

HEAD COACH 2016 to 2017

Telegu Titans

HEAD COACH 2015 to 2017

Telegu Titans

**NATIONAL/STATE
LEVEL COACHING
EXPERIENCE**

CHIEF COACH MAHA-KABADDI LEAGUE 2015 to 2016

Thane Raiders

CHIEF COACH - 60TH SENIOR MEN NATIONAL 2014 to 2015

Men Team

CHIEF COACH - 57TH SENIOR MEN NATIONAL 2010 to 2011

Men Team

HEAD COACH Since 1998-2002

Maharashtra State Junior Boys and Girls

HEAD COACH Since 1994, 1996, 2006, 2008, 2009

Shivaji University Men and Women

REFEREE 1990

State Level

FOUNDER HEAD COACH Since 1990

Maharani Tararani Club Titans

EDUCATION

Pune University, Pune, Maharashtra, India

Ph.D., Kabaddi, 2006

Shivaji University, Kolhapur, Maharashtra, India

Masters in Physical Education, Physical Education And Coaching, 1995

Shivaji University, Kolhapur, Maharashtra, India

Bachelors in Physical Education, Physical Education Teaching And Coaching, 1992

Sports Authority of India, India

NIS Diploma, Kabaddi & Kho-Kho

Shivaji University, Kolhapur, Maharashtra, India

Bachelor of Commerce, Accountancy & Auditing, 1985