

The banner features the 'play to potential' logo on the left. To its right are contact details: a WhatsApp icon with the number '+91 85914 52129*', a Twitter icon with the handle '@PlayToPotential', and a globe icon with the website 'playtopotential.com'. Further right, under the heading 'Also available on:', are icons for Spotify, Apple Podcasts, and Google Podcasts. On the right side of the banner is a portrait of the host, Deepak Jayaraman, with the text 'Podcast Host' and his name 'Deepak Jayaraman' in a red box below it. At the bottom left of the banner, a small note reads: '*Just send us a Whatsapp with your name, number and email and we will add you to our distribution list.'

Context to the nugget

In summary, Viren talks about how OGQ is all about selecting and grooming athletes and helping them play to their potential at the highest stage. He also talks about the opportunity that all of us have to support some of these supremely talented sportsmen who may not have the financial resources to pursue their dreams. If you are interested in contributing, please visit <http://www.olympicgoldquest.in>. It might be a great opportunity for us to invest in a Mutual Fund that carefully picks the human capital and helps them appreciate over time and could make us and the nation proud.

Transcription

Deepak Jayaraman (DJ): In summary, any themes that you want to leave the listeners with, for them to play to their potential?

Viren Rasquinha (VR): OGQ is exactly in the business of playing to your potential, because Geet Sethi says, if all our Indian athletes play to their potential when it matters at the Olympics, India would win far more many medals. That's what OGQ tries to do, to help our athletes reach their potential. One of my personal mottos in life is to have the courage to succeed. It's far easier to give up, to say, you know, oh, I have lost and everyone is against me and everything is against me and there are too many challenges. It's far easier to grumble and criticize. It takes much more courage to actually do and inch forward and then eventually succeed. I just want people to have the courage to succeed in whatever they are doing in life and maybe then, our country would become a far better nation as we concentrate all our focus and energy on playing to our potential.

I want to take this opportunity to maybe tell people to, in their own little way, to make a difference to sport and support an organization like OGQ. There are a lot of young athletes out there, coming from maybe not-so-well-to-do backgrounds, but they are super-talented. They have the potential to win medals for India at the highest stage and really make the entire nation proud. Sport has the power to cut across barriers, religion, caste, and creed, get everyone together. Sport has the power to teach so many life lessons that probably the classroom cannot teach. We must make sport a more integral part of our education. I want people to support Olympic Gold Quest. It's an organization that has, I can assure you, if I can say for myself, that has credibility, transparency, and is showing impact. So, we need to give the opportunity to those kids. Do support OGQ.

Reflections from Deepak Jayaraman

DJ: I hope you found this conversation purposeful. Look forward to having you at one of the subsequent conversations at the Play to Potential podcast. For accessing other nuggets or interviews, please visit audioboom.com and look for Play to Potential. If you and apple phone user, the podcast is now available on iTunes as well. Thank you for listening.

End of nugget transcription

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In Summary – Playing to potential: This playlist captures the essence of what the speaker is trying to say in their conversation. In a way, it captures the key principles with which they have approached life which has brought them to where they are today. They share their perspectives on the mindset we need to adopt as we navigate through life. You can access the playlist [here](#).

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Viren Rasquinha - Nuggets

- 08.00 Viren Rasquinha - The Full Conversation
- 08.01 Viren Rasquinha - OGQ and how you can contribute
- 08.02 Viren Rasquinha - Committing to sports as a career
- 08.03 Viren Rasquinha - Transitioning from playing to captaining
- 08.04 Viren Rasquinha - Spotting potential
- 08.05 Viren Rasquinha - Playing hockey to MBA at ISB
- 08.06 Viren Rasquinha - Joining OGQ — Role of serendipity
- 08.07 Viren Rasquinha - Building the grit muscle
- 08.08 Viren Rasquinha - Picking a coach — Learning from Mary Kom’s example
- 08.09 Viren Rasquinha - In summary — Playing to potential

About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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