

## KNOW YOUR COACH

**Name:** PRASANTA KARMAKAR

**Age:** 43

**Date of Birth:** 08/12/1980

**Place of Birth:** Kolkata

**Educational Institutes Attended:** NSNIS Bangalore

**Educational Qualification:** Master of Sports Science

**Currently Working as:** Swimming Coach

**Introduction to Swimming:** 1995

**First Coach:** Badal Banerjee

**Your favorite Indian swimmer (if any & why):** Myself Prasanta Karmakar

**Your favorite International swimmer (if any & why):** Micheal Phelps

**Turning Point in Life:** Medal in the 2003 World Para Swimming Championship

**Most Cherished moment in life:** The historic medal winning performance at the 2010 Delhi Commonwealth Games

**Major Achievements as a swimmer:**

Arjuna Awardee,

Bhim Awardee,

Major Dhyan Chand Sports Awardee

State Role Model Awardee

Super Idol Awardee

Swimmer of the Year Awardee

Only Indian Commonwealth Games Medalist 2010

Asian Para Games Medalist 2006, 2010, 2014

IWAS World Games 2009 (I had won 7 Medals India which is highest performance in Indian Sports History ever in all sports)

World Championship Medalist in 2003 (First Indian Swimmer)

**I give credit of my success to:** To those hard days and to my coaches and well wishers

**Why you decided to be a swimming coach:** Swimming is my girlfriend and coaching is my wife. And I cannot be without wife.

**Major Achievements as a Coach:**

RIO 2016 Paralympic Games.

IPC World Swimming Championship 2015

7 times World series medalist



2 times World Triathlon Para Cup medalist

Asian Para Triathlon Championship medalist

2018, 2022 Asian Para Games

Several National and State medalist

**What are the challenges (if any) involved in coaching elite swimmers:**

I believe there is no such challenges, just there is the need of involvement of sports science from grassroot level along with eligible manpower to evaluate training data

**What is your advice to elite swimmers:** To develop leadership quality among yourself and trust yourself

**What are the challenges you faced if any training the differently abled swimmers:** As such there are no challenges, but there should be presence of personalized training equipment satisfying training needs of different impairment.

**How can Indian Swimming Progress:** This is a huge topic to discuss on –

1. There should be presence of Sports Science research and analysis department in every district.
2. People employed in the Sports department should be on the basis of their ability and not on identity.





3. There should be segregation of teachers and coaches.
4. There should be segregation of levels of coaches based on their ability and not on their identity
5. Performer athlete and Awardee coaches should mandatorily devote their time to coaching at least for 10 years after retirement from active sports or receiving the awards.
6. The coaching data/experience should be documented for study and analysis purpose.
7. And many others

**What all has changed for good in Indian swimming since you started coaching:** There are different types of people –

1. Who looks at Paralympic/Olympic/World Championship/Asian Games participation as success.
2. Who looks at the long term athlete development plan and achieving goals and creating a momentum of performance in swimming as a achievement

I am among the second types of people. So we are far from there.

**How are you contributing currently to Indian Swimming:** By coaching budding athlete. I had developed the STC and CEO program for para sports in 2015 when I was the Coordinator at the Sports Authority of India. These programs are now bringing laurels to the nation.

**How you see yourself five years from now:** I target a long term goal targeting 2036.



**MEENAKSHI PAHUJA**