

Inspirational Sikhs in Sports

Saturday 25th March
15:30 - 17:15
Basement Hall 4

Gurdwara Sahib
Leamington & Warwick

Hosted by Chas Khehra



Karenjeet
Kaur Bains



Mandip Sehmi



Dylan Cheema



Jas Dosanjh



Juggy Sidhu



Bally Cheema



Jaiya Daley



Cerys Bains





CHAS KHEHRA

Coach Educator at the Football Association (FA)

Chas started his football coaching journey at Leamington Khalsa FC, he went on to coach at Coventry City FC (within the Academy) for 13 years.

Chas gained his UEFA "A" licence qualification in 1999 (1st South Asian in UK).

He has been working for the FA for the past 15 years in various roles and is currently working on FA coach Education delivery, Mentoring Coaches from UEFA "B" licence who aspire to become UEFA "A" licenced coaches.

Chas is also working on a project for Under-representation of South Asian coaches / Players within the game.



KARENJEET KAUR BAINS ACA

Commonwealth Powerlifting Champion

Great Britain Powerlifter who is the Commonwealth Powerlifting Champion, First British Sikh Female to represent Great Britain at the World and the European Championships placing in the Top 10, 5 x British Champion, 5 x All England Champion and 2023 Guinness World Record Holder.

A former Champion Sprinter who was Three times Warwickshire Champion in the 300m and hammer throwing events.

She has been coached by her Father - Kuldip Singh Bains a former Champion Bodybuilder and Powerlifter.

Follow her on [@karenjeet_bains](https://www.instagram.com/karenjeet_bains)



DYLAN CHEEMA

Professional Boxer signed to Boxxer & Sky Sports

Dylan started his combat journey at the age of 10 where he took up the art of kick-boxing. He grew into the sport winning regional, national and international belts before winning his first world title as a professional at the age of 21. Finishing his kickboxing career as a 2x world champion and moving over to boxing.

Dylan's big break through in boxing came as he took an opportunity on the Boxxer series tournament. He won the tournament and since was signed to Boxxer where he now fights exclusively on sky sports.

Dylan now looks to continue his growth in boxing by working his way up the ladder and into title contention soon.

Follow him on [@dylan.cheema](https://www.instagram.com/dylan.cheema)



MANDIP SEHMI – PLY

3x GB Paralympian in Wheelchair Rugby

Mandip was involved in a road traffic accident at the age of 19 in which he suffered a life changing spinal cord injury. While in hospital he was introduced to wheelchair rugby as part of his rehab, this was where he started his journey in sport.

Biggest sporting achievement to date: 3x Paralympian, 3x European Gold medalist plus 2x silver and 1x Bronze.

Mandip retired from Elite sport in 2016 after competing for over 20 years and now works as a coach and consultant.

Follow them on... @mandipsehmi



JAS DOSANJH

**Founder of Harmony Asian Funeral Directors
and Panjab Athletic.**

Having unique outlook on mental health
having to work with families that are dealing
with bereavement due to courses of mental
health issues.

And can provide a first hand view point on
how sports can help having been a 100m
sprinter for Warwickshire, academy footballer
and county academy cricketer.



CERYS BAINS

Khalsa Lionesses under 8s Girls Football Coach

Cery is a UEFA C Licensed coach currently coaching at Khalsa Football Club. Cerys' always loved football since her Dad took her to Coventry matches (as a 4 year old she watched Coventry play in the Premier League!) She continued to watch matches as a season ticket holder for many years.

Despite her passion for watching and playing football, she wasn't confident enough to join a football team. There wasn't a girls team for Khalsa at the time, she cheered her brother on from the sidelines and always kicked a ball around whenever she could!

"When I came across the opportunity to be a coach at Khalsa, I knew that it would be something that I would really enjoy being a part of, hopefully encouraging the younger generation of girls to play football."



BALLY CHEEMA

Former 2x World Powerlifting Champion

Former 2x World Powerlifting Champion in the BDFPA & Mental Health Advocate

Bally started his journey in sport at the age of 15 winning multiple regional and divisional titles and then eventually becoming a 2x world powerlifting at aged 18 and 19 in the 67.5kg category and 75kg category.

Recently in his career he has overcome injury and battles with his mental health to come back and compete in November where he has now qualified once again to compete in the British Powerlifting Championships.

Follow him on...@bally_singh_cheema



JAIYA DALEY

Netball Player for Yendys

Jaiya is currently the vice captain for her regional team, Yendys, having previously played for Wasps.

Jaiya is also a black belt kick-boxer and was the youngest ever black belt at her club!

Jaiya has also completed the coast to coast challenge running from one side of the country to the other in 24hours!



JUGGY SIDHU

Juggy Sidhu has a vast knowledge base and experience in health optimisation having been part of the Nutrition and Health industry for 15 years. He found his calling through teaching others the power of nutrition for optimal physical, physiological and psychological health.

Being a father, husband and son, Juggy has consistently worked on developing a balanced approach to improve the quality of life for himself, his family and all those he works with.

Juggy is a regular expert speaker with the BBC, Metro and Fitbit and as an ex- athlete he uses his experience competing on the world stage in physique development to support high performers to reach their personal potential.

@theindianbodycoach