



HISTORY/DIARY



FOUNDERS

MASTER DR JWO ASHOK KUMAR LENKA
SMT SANJIBANEE SUDHA LENKA





INDIAN NATIONAL TEAM



HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS



HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS 香港2024世界跆拳道品勢錦標賽

30 NOV (SAT) — 4 DEC (WED) HONG KONG CHINA



30 NOV-4 DEC 2024-HONGKONG



5TH PLACE AWARD - U60 AGE - RECOGNISED PAIR POOMSAE



WORLD TAEKWONDO



WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS HONG KONG 2024

CERTIFICATE
PRESENTED TO

5th Place-ASHOK KUMAR LENKA (IND)
Recognized Poomsae Under 60 Mixed Pair

This is to certify that above named contestant was awarded the prize at Hong Kong 2024 World Taekwondo Poomsae Championships in Hong Kong, China on 30th November to 4th December, 2024 promoted by the World Taekwondo

Chunmywon Chone

J. J. J. J.



WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM
EVENT DAY1 RECOGNISED PAIR POOMSAE U60 - QUARTER FINAL INDIA VS AUSTRIA
2ND POOMSAE-JITAE

COURT NO - 04

U-60 PAIR — CHUNG-INDIA
MASTER DR. ASHOK K. LENKA
MASTER SAGITHI PRADHAN

U-60 PAIR — HONG-AUSTRIA
MASTER TRAVELER
MASTER SERLOS

EVENT DAY1 RECOGNISED PAIR POOMSAE U60
30 NOV 2024-QUARTER FINAL INDIA VS AUSTRIA

EVENT DAY1 RECOGNISED PAIR POOMSAE U60 - QUARTER FINAL
INDIA VS AUSTRIA - 1ST POOMSAE-TAERAK

FINAL SCORE IND-7.06 AUT — 7.95 WINNER AUSTRIA

**HONG KONG 2024 WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS**

AWARDS & FELICITATIONS





HAWRANG ESTD-2014 ACADEMY

ENTER TO LEARN EXIT TO SERVE



ISO CERTIFIED INTERNATIONAL ACADEMY, MSME REGISTERED
WORLD TAEKWONDO ACADEMY KUKKIWON, /KMS SOUTH KOREA AFFILIATED,
FIT INDIA CERTIFIED-TAT & IT C/O WORLD TAEKWONDO AFFILIATED,
VETERANS INDIA SPORTS WING AFFILIATED,
WELFARE VENTURE OF AFFWA, INDIAN AIR FORCE (37YEARS),
17 YEARS AT AFFWA IAF AVADI
WELFARE VENTURE OF ORDNANCE CLOTHING FACTORY (6YEARS)

BRIEF INTRODUCTION



MASTER KALING K LENKA
4TH DAN BLACK BELT
INTERNATIONAL COACH/MEDALIST
NATIONAL REFEREE



MASTER ARYAN KUMAR LENKA
4TH DAN BLACK BELT
NATIONAL COACH/MEDALIST
INTL PLAYER, STATE REFEREE



ACADEMY ACHIEVEMENTS

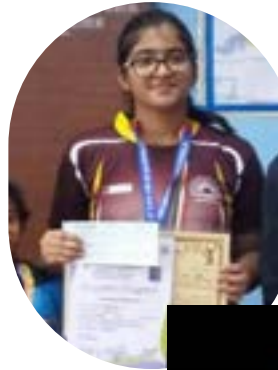
4 DECADES OF EXPERIENCE IN TAEKWONDO IN INDIA: ACADEMY ACHIEVEMENTS ARE MORE
THAN 10000 MEDALS, 500 BLACK BELTS, 50 INTERNATIONAL MEDALIST, 200 NATIONAL
MEDALIST, 15 INDIA TEAM TRIALS, 500 KVS NATIONAL/CBSE ZONE/ NATIONAL MEDALIST, 20
SGFI PATICIPANTS, 02 SGFI MEDALIST, 6 STUDENTS QUALIFIED TO INDIA TEAM - 3 MASTERS, 1
WT LEVEL1 COACH, 2 LEVEL 3 COACH, 4 SAI CERTIFIED COACH, 10 NATIONAL REFEREES,
STUDENTS IN 20 STATES OF INDIA. MORE THAN 150 DEMONSTRATIONS



OUTSTANDING INDIA PLAYERS



PRIDE OF INDIA



PRIDE OF INDIA

Taking Flag Beyond The Borders

NOMINATION TEZING NORGAY NATIONAL LAND ADVENTURE AWARD

MARTIAL ARTS IN 12 MOUNTAIN PEAK: ASHOK K LENKA



NOMINATED BY WG CDR/ AVM V GAUR, COIMMANDING OFFICER 37 SQN AF



HAWRANG ACADEMY TAEKWONDO HISTORY

Took birth in the year 1990 and imparted training with collaboration with AFWWA

MARTIAL ARTS: Style- Taekwondo, Kenbudo, Sailum & Yoga (Unarmed Combat & Traditional Weapon)-Conducted Yogic Martial Arts/ Taekwondo/ Adventure classes (like trekking, swimming, rock climbing , cycling & biking) for officers, cadets, air warriors, quick reaction team, non-combatant members, Children (school) and families at various units of Indian Air Force since 1989 to till date.

- ▣ **AFS Adampur, Punjab, IAF 1990-96 to IAF Personnel, their Families, School Children & Civilians**
- ▣ **AFS Awantipur, J&K, IAF, 1996-98, to Quick Reaction Team (QRT), IAF Personnel & their Families.**
- ▣ **Air Force Technical College, Bangalore, Karnataka from IAF, 1998-01, Officers' Cadet & School Children**
- ▣ **Communication Training Institute, Bangalore Karnataka, IAF, 1999-01 to Airmen Trainee & School Children**
- ▣ **Jalahalli East, Bangalore Karnataka Civil, 1998- 2001 from Civilians, IAF Personnel, their families & School Children.**
- ▣ **AFS Nal, Rajasthan, IAF, 2001-03 from IAF Personnel, their families and School Children.**
- ▣ **AFS Bhuj, Gujarat, IAF, 2003-08 from IAF Personnel their families & School Children**
- ▣ **AFS AVADI, Chennai, IAF, 2008- Till Date, IAF Trainees, Personnel, their families & KV**



**Still Continues.....Since Covid Online
Presence too**



DEMONSTRATION OF HAWRANGS MARTIAL ARTS

ON THE OCCASSION OF 2210 SQN ANNIVERSARY-21 MAR 1993



TEAM WITH AIR CMDE TM ASHMANA AOC AF STN ADAMPUR
& WG CDR PR RAJKUMAR COMMANDING OFFICER 2210 SQN AF

ASHOK R LENKA



Hawrang Academy

Govt. Registrn No. 1015/2014
Registered to Govt of India (Tamilnadu)
Affiliated to Kukkiwon, South Korea (Regtn-IN000313)




Martial Arts
Mountain
Club






FOUNDERS

DR ASHOK K LENKA SMT SANJIBANEE SUDHA

BS2, Ashirwada Apartments, Periyar Nagar, IAF Avadi, Chennai-55, Cell-9790752227
www.hawrangacademy.com

태권도

Date....

Venue..

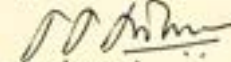
SOUND MIND IN A SOUND BODY



Date 21 March 93
Place St. Ann's, Telampur

Tae Kwon-do Demonstration presented to Commanding Officer Wing Commander P.R. Rajkumar on the occasion of 12210 Squadron Anniversary Celebration.

A good demonstration was presented. Try to educate others and spread the art.


 (P.R. Rajkumar)
 Wing Commander
 Commanding Officer



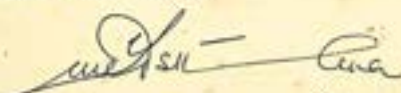
SOUND MIND IN A SOUND BODY



Date 21 May 93
Place St. Ann's, Telampur

Tae Kwon-do Demonstration presented to Air Officer Commanding Air Commodore J.M. Ashana.v.m. on the occasion of 16 2210 29N Anniversary celebration.

Indeed an exemplary demonstration, we wish you earn the Black Belt soon.


 Air Commodore J.M. Ashana.v.m.
 Air Officer Commanding
 Air Force Stn. Adampur.



DEMONSTATION OF MARTIAL POWER AT WESTERN AIR COMMAND ATHLETIC MEET-13 AUG 1993



TEAM WITH AIR CMDE TM ASTHANA, AOC AF STN ADAMPUR

HAWRANGES IN ACTION



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FOUNDERS

DR ASHOK K LENKA SMT SANJIBANEE SUDHA



SOUND MIND IN A SOUND BODY



Date...13 August 1993

Place...A. F. Sta. Adampur.

*Tae-Kwon-do Demonstration presented to
Air Officer Commanding, Air Commodore, I M
Asthana. VM. on the occasion of the closing
ceremony of WAC Athletic Championship*

*We have seen a marked improvement in standards
and also a larger contingent of students. I wish you all
the best and hope to see a Black Belt on you.*



(I M Asthana. VM)

Air Commodore

Air Officer Commanding

Air Force Station, Adampur.

DEMONSTRATION AT KV II ANNUAL DAY AF STATION ADAMPUR



CHIEF GUEST
AIR CMDE TM ASTHANA, AOC WITH KV II PRINCIPAL & STAFF

52 MEMBERS

HAPPY KANRANGI



JUMP
SPIN

FIRE RING

FLYING
KICK

FLYING KICK

ON 09 DEC 1994

BOYS EVEN...

GIRLS ON FIRE



HANDS OF STEEL FOREHEAD ON WORK

SIDE KICK ON ICE

VISITORS DIARY



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태권도

MESSAGE

SOUND MIND IN A SOUND BODY



Date: 9 Dec 94

Place: AF Stn Adampur

TAE KWON DO demonstration presented by Cpl Lenka AK instructor HSTKD to Air Officer Commanding Air Cmde TM Asthana VM on the occasion of KV 11 annual day celebration. Demonstration consisted of 52 member contingent followed by six days of training and with other members of the school.



(Signature)
(T M Asthana. VM)
Air Commodore
Air Officer Commanding
Air Force Station, Adampur.

DEMONSTRATION AT SAILUM NATIONAL HQRS AT BANGALORE



**AIR CMDE SR JINDAL CMDT AFTC
AT NATIONAL BLACK BELT CAMP CLOSING CEREMONY**



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태권도

MESSAGE

To
Master Dr. Ashok Kumar Lenka
National Secretary – Sports Wing, Veterans India
Founder, Hawrang Taekwondo Academy



It gives me great pleasure to place on record my appreciation of the services of Master Dr. Ashok Kumar Lenka, whose outstanding dedication and achievements in the field of Taekwondo deserve the highest commendation.

As a distinguished practitioner, Dr. Lenka has consistently displayed exemplary skill, discipline, and sportsmanship. His remarkable performance in securing the 5th position in the U60 Pair Poomsae category at the 2024 World Taekwondo Poomsae Championship in Hong Kong stands as a shining testament to his perseverance, technical excellence, and unwavering commitment to the promotion of this martial art.

In his role as National Secretary – Sports Wing, Veterans India, Dr. Lenka has made significant contributions to the growth of Taekwondo in the country. By inspiring younger generations and actively promoting initiatives that blend fitness, self-discipline, and respect, he has helped shape the character of countless aspiring athletes. His tireless efforts have not only brought laurels to India but have also strengthened the spirit of sportsmanship and national pride.

On behalf of Veterans India, I take pride in recognizing Dr. Lenka as a true role model whose dedication continues to uplift the standards of martial arts in our nation. I wholeheartedly commend his contributions and strongly support any recognition or honor that further acknowledges his exceptional service to Taekwondo and Indian sports.

Veteran Air Vice Marshal S. K. Jindal
Patron, Veterans India

Place: New Delhi
Date: 05 October 2025

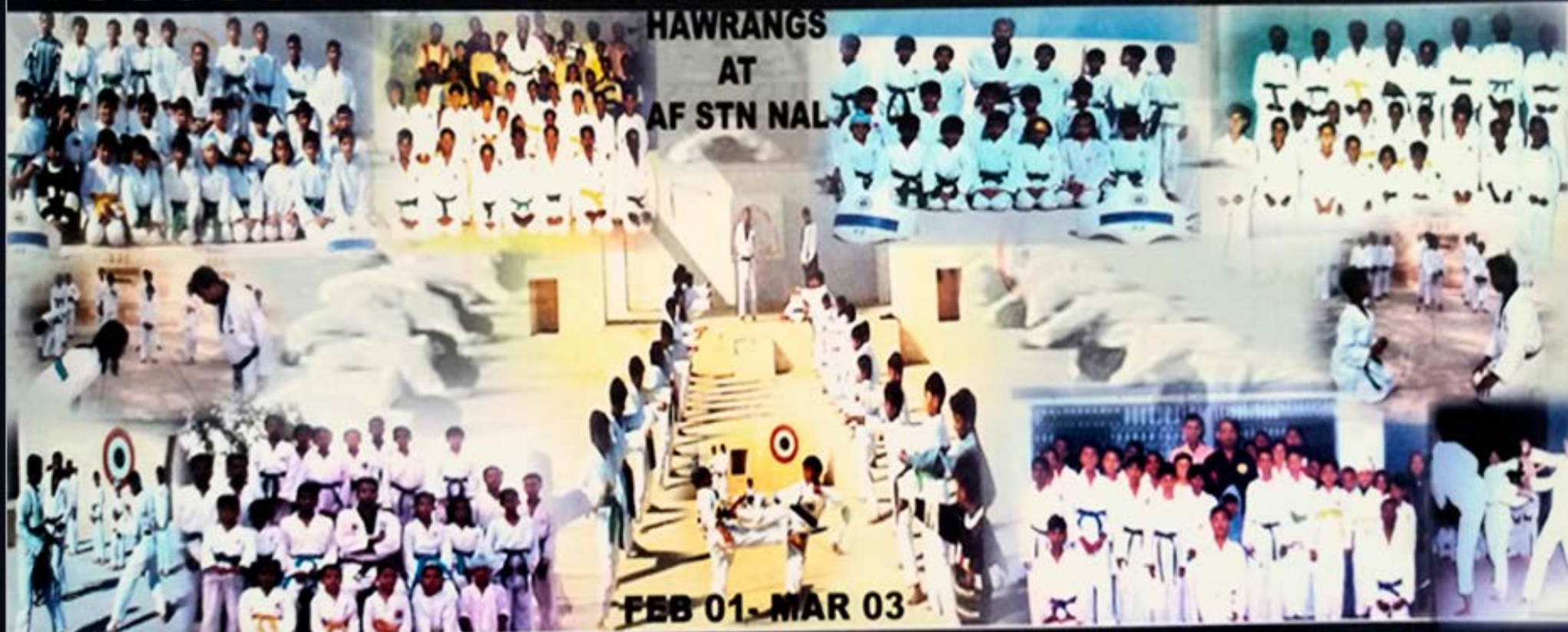
Date.....

Venue.....

AFS NAL, RAJASTHAN, IAF,

▣ 2001-03 from IAF Personnel, their families and School Children.





ACADEMY AT BHUJ WAS ON "BLUE GLORY" MAGAZINE



THE BLUE GLORY

नील ज्योति

AIR HEADQUARTERS QUARTERLY NEWS BULLETIN

Vol. VI No. 4

Oct-Dec 2005

01 Oct 2005

MARTIAL ARTS CLUB AT AF STN, BHUJ

A martial arts (Taekwondo and Kenbudo) club, a welfare venture of AFWWA (L), is being run at AF Stn, Bhuj under the guidance of President AFWWA (L).



Training class in progress

Martial arts training is being imparted by a qualified instructor, Sgt AK Lenka.

The training is most useful for young children to learn self defence and gain confidence. 80 students of various age group are being trained by the club.

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태권도



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www.hawrangacademy.com



Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon

President AFWWA (L), BHUJ

Telo : 02832 - 223450 / 51 / 52

Extn : 328

Date : 13 Jul 06

Certificate

This is to certify that Sergeant Ashok Kumar Lenka, Black Belt & Mountaineer of Indian Air Force had been running the Martial Arts/ Adventure Club under Air Force Wives Welfare Association (AFWWA) at Air Force Station Bhuj. Through his class he had been instrumental in teaching the art of Self Defence, Traditional Weapons, Dynamic Yoga, Pranayama, Meditation, Swimming, Mountaineering, Rock Climbing and Nature Treks for Air Warriors and their Families from 07 Apr 03 to 10 Jul 06.

Adventure mixed with an ounce of martial arts discipline is an every day's routine for the individual. He conducts weekly swimming classes, fortnight nature treks, rock climbing's and cycling expedition for his followers at his duty station. As a mountaineer and martial artist he spreads a sense of adventure among his fellow brothers and inspires the locality to maintain the best physical fitness to achieve "Sound Mind in a Sound Body".

Simmar Dhillon
MRS SIMMAR DHILLON
PRESIDENT
AFWWA (L), BHUJ

Date....

Venue.

AFWWA (L) - Air Force Station - Bhuj - Gujarat - 370 001.

वायु शक्ति संगिनी



AIRFORCE FAMILY WELFARE ASSOCIATION APPRECIATION CERTIFICATES



Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon

President AFWWA (L), BHUJ

Tel: 02832 - 223450 / 51 / 52
Extn : 328

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MRS SIMMAR DHILLON
PRESIDENT
AFWWA (L), BHUJ



Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon

President AFWWA (L), BHUJ

Tel: 02832 - 223450 / 51 / 52
Extn : 328

Date : 13 Jul 06

Certificate

This is to certify that Sgt Ashok Kumar Lenka, Black Belt has presented "Sailum Martial Arts Demonstration" along with his students under AFWWA Martial arts Club at Kendriya Vidyalaya No 1 on the eve of Independence Day **15 Aug 05** to Gp Capt NJS Dhillon, Station Commander 27 Wing AF and second one at Air Force School premises on 27 Jun 06 to Mrs Sarita Mehra, President AFWWA (Regional) HQ SWAC, IAF on the eve of her visit to Air Force Station Bhuj.

It was indeed an exemplary fitness performance put in by one and all. It shows the hardwork beneath. Participants in course of training have developed great self confidence and courage which was noble. We are proud have such a talented trainer in our force. Bravo! Keep it up.


MRS SIMMAR DHILLON
PRESIDENT
AFWWA (L), BHUJ

**Sailum Martial Arts Demonstration to Gp Capt NJS Dhillon, Station Commander
AF Stn Bhuj & Mrs Simmar Dhillon President AFWWA(L)**



hawrang in action



sadhaka's on meditation

seasoned forehead & abdomen



surprise?



independence day



cheered



Stn Cdr at Bhuj Sailum

participants with principal Mr TB Panda



guest, praised



welcome



INDIAN AIR FORCE APPRECIATION CERTIFICATES



THE BLACK PANTHERS

कमान अफसर द्वारा प्रशंसा

687549-A SGT LENKA AK ELECT/ST

की अवधि में व. 37 स्कवाड्रन, वायु सेना में सेवा करते हुए,
अत्यन्त सार्थक कर्तव्य-निष्ठा एवम् कार्य कुशलता का परिचय देते हुए
आपने जो सराहनीय योगदान दिया है, उस पर मुझे अत्यन्त गर्व है।



दिनांक 18 मई 2002

(सिग्नेचर)

रिंग कमान्डर

कमान अधिकारी

37 स्कवाड्रन, वायुसेना



WO I/C SQN OPS CELL
JWO AK LENKA



INDIAN AIR FORCE APPRECIATION CERTIFICATES



INDIAN AIR FORCE



BLACK PANTHERS

CERTIFICATE

This is to certify that **687549-A Sergeant Ashok Kumar Lenka** **Electrical Fitter** of 37 Squadron Air Force has worked as SNCO in charge of Squadron Computer Cell/ Squadron Ops Room from 01 Feb 2001 to Till date. He has been working/ supervising the Squadron Operation Room under Flight Commander for Ops related information Storage, Documentation, Correspondence, Returns and Inventory. He has a good command over Office Management, Office Automation, Data Base Management, Computer Data Security, Digital Video & Photo Editing for Presentations, Hardware & Fault Rectification on LAN, WAN environment (Win 95/2000/XP).

Apart from carrying out his normal duty he had been running (during nonworking hours) the Station Martial Arts (Taekwondo & Karate) / Adventure Club under Air Force Wives Welfare Association (AFWWA) at various Air Bases, namely, Air Force Station Adampur (1992-1995), Air Force Station Awarantpur (1995-1997), Air Force Technical College (Officers Cadet) (1997-2001), Communication Training Institute (Bangalore) (1998-2001), Air Force Station Nal (Bikaner) (2001-2003) and Air Force Station Bhuji (2003-2006).

Adventure mixed with a touch of martial arts discipline is an every day's routine for the individual. Through his class he has been instrumental in teaching the art of Self Defence, Traditional Weapons, Dynamic Yoga, Pranayama, Meditation, Nature Trek, Rock Climbing, Mountaineering and Swimming for Air warriors and their Families. The performance of the Sergeant has been excellent in his primary duty and other duties entrusted to him in the interest of service. With his good organising and motivating capabilities, he exhibits rare leadership qualities. Apart from being a keen sportsman and fitness freak, he has a great sense of adventure discipline.

He is an excellent Secretary, Physical Trainer, Martial Artist and Mountaineer. He is sincere and hard working. He involves himself in an exemplary manner at all times and will be an asset to any institution.



Date: 20 Jun 06

(Abhishek Rao)
Wing Commander
Commanding Officer
No 37 Squadron Air Force

INDIAN AIR FORCE APPRECIATION CERTIFICATES



PRESIDENTS' STANDARD PRESENTATION

BLACK PANTHERS

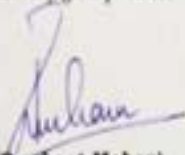
CERTIFICATE

1. This is to certify that 687549-A Junior Warrant Officer Ashok Kumar Lenka Electrical Fitter has made exemplary contribution during President Standard Presentation to 37 Squadron and 48 Squadron Air Force by Honourable President of India Dr. APJ Abdul Kalam on 15th of February 2007 at 27 Wing Air force. His contributions during the functions were as follows:-

- I. In charge of filming, editing & photographic team for filming, editing and photography of CAS Banquet, Presidential Standard Presentation Parade, Presidential Tea, Photo Exhibition and Group Photography with President.
- II. Designing of Backdrop for Presidents' Standard Parade, Curtain Raiser, Presidential Tea, Photo Exhibition, Group Photography and designing of First Day Cover (FDC), Brochure, Pamphlet, Memento's and Invitations cards under guidance of undersigned.
- III. Editing of photographs displayed in Presidential Photo exhibition of 37 Squadron AF.
- IV. All possible IT related assistance to the Coordinating Committee.

2. He is an excellent Designer, Cinematographer and Editor. He is a sincere and hard working individual who involves himself diligently in a very focused manner to work given to him. With these attributes and qualities he has very good potential to be an asset to any institution.




(Prashant Mohan)
Wing Commander
Commanding Officer
No 37 Squadron AF

Date: 09 Aug 2007



BLACK PANTHERS 2007
AF STN BHUJ



MARTIAL DEMONSTRATIONS

**60 CHILDREN MARTIAL DEMONSTRATION TO AIR CMDE BAPAT & MRS SMITHA BAPAT
ON 15 AUG AT KV AFS AVADI**



MARTIAL DEMONSTRATIONS

DEMONSTRATION BY MTI TRAINEES AT PASSING OUT PARADE

SAILUM HAWRANG MARTIAL ARTS DEMO TO AIR CMDE THAKRAL YSM



MARTIAL DEMONSTRATIONS

- 80 musical demo at ajeey stadium on kvs nationals opening ceremony.



VISITORS DIARY

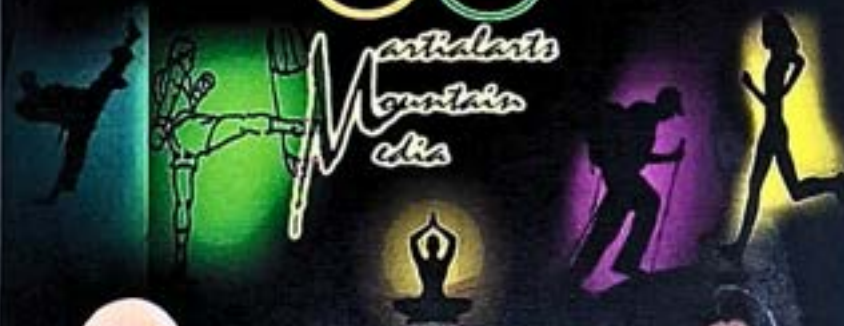


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MESSAGE



Taekwondo Mass Drill 35 Girls + 35 Boys of AFS KV with their Coach Ashok K Lenka

Venue : Ajeya Stadium Avadi, Chennai

MARTIAL DEMONSTRATIONS

110 children demo to aoc-in-c maintenance command Air Mshl Jagjit Singh, Indian Air Force.



MARTIAL ARTS DEMO TO AIR MARSHAL JAGJEET SINGH VSM AOC-IN-CHIEF MAINTENANCE COMMAND



AIR CMDE P RAMESH AOC 23 ED & MRS KAMALA RAMESH PRESIDENT AFWWA (R)



APPRECIATION OF SMT LILY RAHA, PRESIDENT AFFWA, IAF

APPRECIATION BY AIR MSHL MRS LILY RAHA, 1ST LADY OF IAF, AFTER 120 CHILDREN PRESENTED A TAEKWONDO DEMO TO HER AT AFWWA 23 ED. SHE WAS OVERWHELMED BY THE CHILDRENS PERFORMANCE. MRS LILY RAHA IS THE WIFE OF AIR MSHL ARUP RAHA, CHIEF OF AIR STAFF, IAF.



From Left Ashob K Lenka (Coach), Mrs Tyagi , 1st Lady IAF, Mrs Kamala Ramesh President AFWWA AFS Avadi, Mrs Neelkamal Pillai, 1st Lady MTTI



FELICITATION BY VETERANS BY AOC AF STN AVADI

- FELICITATION BY EXSERVICEMEN ASSOCIATION, MUTHAPUDUPET, MITTNAMALLI AT AIR FORCE AVADI BY AIR CMDE AMAR AHUJA, AOC 23 ED AF ON THE OCCASION OF REPUBLIC DAY CELEBRATION.



APRECIATIONS BY EXSERVICEMEN WELFARE ASSOCIATION THROUGH AIR CMDE J RAJENDRA, VSM AOC AF STN AVADI, PRESIDENT AFWWA(L) SMT J SARADA

- ON REPUBLIC DAY 2019 APPRECIATION BY EX SERVICEMEN ASSOCIATION MITTNAMLLI.





Felicitation of GM
Mrs. Sumati Singh, 1st Lady 8BRD



Chief Guest
Wg Cdr Parthasarathi (Beta), VSM
Editor MITRAN



Guest of Honour
Gp Capt KK Singh CO, 8BRD IAF



Guest of Honour
Gp Capt Mrs. Sumati Singh



Hawrang Academy
Panel of Guests
at Closing Ceremony of Taekwondo Seminar



Guest of Honour
Lt Col Ravi Sinha, Arjun Cdr



Guest Of Honour
Wg Cdr Biju, CO MTTI



Patron
Sqn Ldr Biju, SAO, 23ED



Guest of Honour
Mr Murugan, Vice President
Exservicemen Assn Muthapet

VISIT OF KOREAN GRAND MASTER CHANG SEONG DONG TO HAWRANG ACADEMY INDIA

FROM 03-05 FEB 2016 FOR TAEKWONDO SEMINAR



110 HAWRANGS PARTICIPATED IN THE 3DAYS HISTORIC SEMINAR

INTERNATIONAL TAEKWONDO SEMINAR BY GRAND MASTER CHANG SEONG DONG



**AT HAWRANG ACADEMY FROM 08-09 FEB 2017
WITH MASTER ASHOK K LENKA, 6TH DAN TAEKWONDO**

**HAWRANG TEAM DEMONSTRATES AT AFWWA, 23 ED TO 1ST LADY AF STANTION
AVADI AND 1ST LADY MC, IAF.**



APPRECIATION BY DIG CRPF MR VIRENDRA AGARWAL



KV AFS TEAM WITH CRPF DIG Mr. ELANGO





Martial Arts Demo on KV Afs Avadi Inspection by Asst Commissioner Dr. Uma Sivaraman & her Team



DEMONSTRATES AT CRPF WOMENS DAY WITH CRPF DIG



OCF SCHOOL-2017-18

HAWRANG ACADEMY TAEKWONDO TRAINED STUDENTS DEMONSTRATE AT SPORTS DAY OF OCF SCHOOL AVADI ON 22 DEC 2017



WITNESSED BY MRS & MR SURJIT DAS, AGM OCF, MRS & MR MOHAPATRA, JGM OCF,
MRS JGM RENU SINHA, COL DILBAGH SINGH, SECURITY OFFICER, PRINCIPAL MR AK TIWARI
MR KOTHANDAN, HM, MR ASHOK K LENKA, DIRECTOR & COACH HAWRANG, LEAD BY MISS PAVITHRA





Demo at OCF on Independence Day

RS 10000/- CHEQUE PRESENTED BY GM, OCF





Martial Art Display by 90 Boys & Girls of Class IInd to XI Standard on the eve of 66th Republic Day Celebration-2015 at KV AFS AVADI

KENDRIYA VIDYALAYA AIR FORCE STATION AVADI CHENNAI-600055



CHENNAI REGIONAL PLAYERS WITH KV INSPECTION TEAM-2013



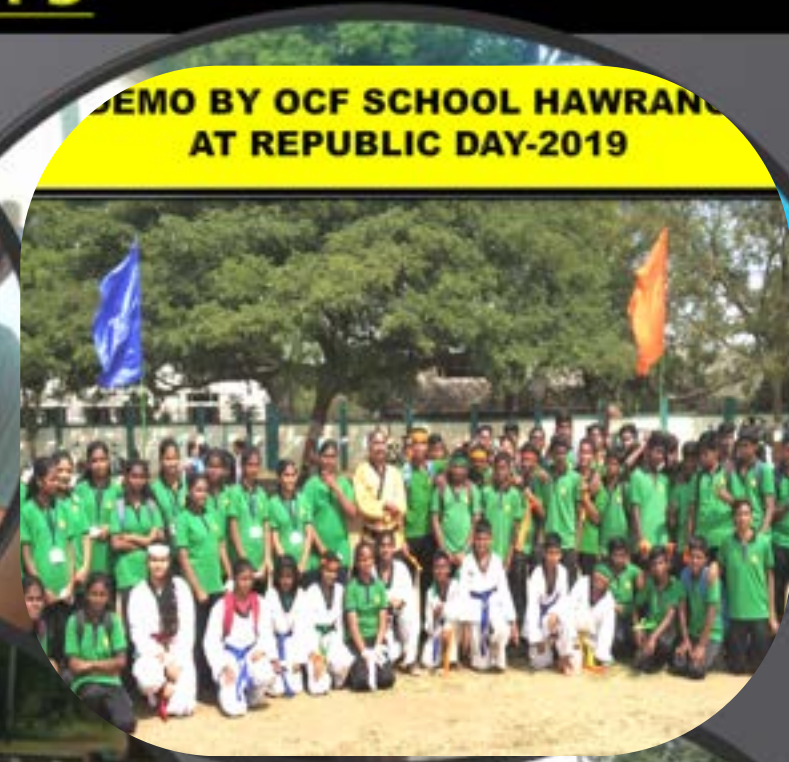
CHENNAI REGIONAL TAEKWONDO TEAM



TEAM 44 PARTICIPATED WON 15 GOLD+11 SILVER+10 BRONZE=36 MEDALS & 15 KVS NATIONAL

WITH THEIR PRINCIPAL SMT SUNDARI KRISHNAMURTHY , TGT(PHE) Dr (Mrs) MAMATA LAWRENCE MASTER COACH ASHOK KUMAR LENKA BLACK BELT TAEKWONDO KENDURI & SAILUM

OCF SCHOOL-2018-19



HAWRANG DEMONSTRATES AT CRPF KV ANNUAL DAY WITH KV CRPF PRINCIPAL



DEMO TO PRESIDENT AFWWA(R)



MARTIAL DEMONSTRATIONS

**AEROBIC TAEKWONDO DEMO ON REPUBLIC DAY 2018 AT EXSERVICEMEN FUNCTION
TO AOC AIR CMDE AMAR AHUJA AND PRESIDENT AFWWA(L) MRS MAMATA AHUJA**



DEMO AT KV FOUNDATION DAY-2018



DEMO AT PRABASI ODIA BUSINESS SUMMIT-2017



DEMO ON UTKAL DIVAS-2017 AT UMB



FELICITATION & APPRECIATION BY AFA, TAMILNADU

BY AIR FORCE
ASSOCIATION, AVADI
CHAPTER BY AIR MSHL
VARTHAMAN,
PRESIDENT
TAMILNADU CHAPTER
& JUDGE OF
THIRUVALLUR

RECOMMENDED BY
W/C
K PARTHASARATHY
(RETD),
VICE PRESIDENT AVADI
CHAPTER



**Founders Felicited by AFA Avadi Chapter
Presented by Air Mshl Varthaman, President AFa,TN**



Veterans Mitran November 2019

A VETERAN'S NARRATIVE: JWO ASHOK KUMAR LENKA



I am 687549 JWO Ashok Kumar Lenka Elect Ftc. I joined IAF in 1987 and got discharged in 2010. Though from Odissa, I have settled down in IAF Avadi a mini India, consisting of 250 Air Veterans families from all over India. Responding to the appeal in VM, I am sharing my experiences and achievements. I am Master Ashok Kumar Lenka, MBA, MPEd, BE, PGJMC, PGDCA. Recently I am selected as National Secretary in charge of Sports and Adventure for Veterans India a Tri services National level Veterans Group.

While in Service I was for 5 years into IAF Film Making (Audio visual production) unit. I made several Computer based training packages and Short Films on IAF Ads, Promos, Training, Aircraft Servicing, Parades etc. During Presidents Standard Presentation to 37 Sqn by then President late Dr APJ Abdul Kalam, I was in charge for Filming, Photography and designing First Day Cover, backdrop for President Standard Parade.

I have a passion for Martial Arts and I was trained in Taekwondo a self defense martial Art. I have taught 30 years Taekwondo at different Air Bases of India through AFWWA out of which 10 years in IAF Avadi Chennai. Conducted Self Defense classes in Air Force Technical College, Garud Force and Quick Reaction Teams during my IAF postings. Post retirement my wife and I have founded Hawrang Academy to develop interest motivate younger generation of Air Warriors and Veterans into TAEKWONDO. Our aim is to train the children to the Olympic level. Since its inception the Hawrang



Academy trained 19 International Players, 10 International Medalist, more than 50 Taminadu Champions and National Players, 50 Kendriya vidyalaya National Medalists in Taekwondo. The academy has 100 Black Belt students, 10 Referees and coaches and 40 scholarship awardees.

I was conferred the following two International titles.

a. **INTERNATIONAL MASTER INSTRUCTOR** title was awarded at 77th International Master Taekwondo course conducted at Taekwondon South Korea.



b. **INTERNATIONAL COACH LICENCE** was given by Taekwondo federation of India. The certificate was handed by Prof. KYU SEOK LEE, the master of The famous late Brucelee.

My son Kalinga K. Lenka secured a gold medal in Hero Cup International Taekwondo Championship at Bangkok. After the award of the above title I am addressed as **MASTER LENKA** in the International Taek-wondo sports circles.

I am also a qualified mountaineer and has climbed 11 mountain peaks in Hima-layas, from 1998 to 2008. For my rare feat I was nominated for National Land Adventure Award from SWAC and IAF. I performed martial arts such as lungum and Tsumu over these entire mountains. I am also a Hatha Yoga, Aerobic and Zumba Master. I am a Nature Trekker, Rock Climber, photographer, Qualified Film Maker was head of media production at DBICA (Don Bosco Institute of communication and Arts).

What I am today and whatever my achievements, for which I am grateful to the training, discipline and confidence I gained and the immense opportunities offered by the Indian Air Force.

FELICITATION BY GENERAL MANAGER OCF
MR KONDA SATHYANARAYAN, IFS, AT OCF ACHIEVERS MEET





Presented to

K. Sathyanarayana

General Manager OCF

Impression:-

Good Concentration and
Synchronization.

Children under the
able guidance of Shi Lonka
Master of The Martial Art will
definitely become Strong future
Kondasira

Signature



Hawrang Academy



JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 17	2 18	3 19	4 20	5 21	9 22	7
8 24	9 25	10 26	11 27	12 28	13 29	14
15 31	16 32	17 1	18 2	19 3	20 4	21
22 6	23 7	24 8	25 9	26 10	27 11	28
29 13	30 14	31 15				

ORDNANCE FACTORY BOARD MINISTRY OF DEFENCE : GOVERNMENT OF INDIA
 आयुध वस्त्र निर्माणी मंत्रालय : भारत सरकार
 ORDNANCE CLOTHING FACTORY
 P. 044-26365000 Fax: 044-26361101 Email: ocf@ocf.co.in Website: www.ocf.co.in

JUNE 2018

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3	4	5	6	7	8	9



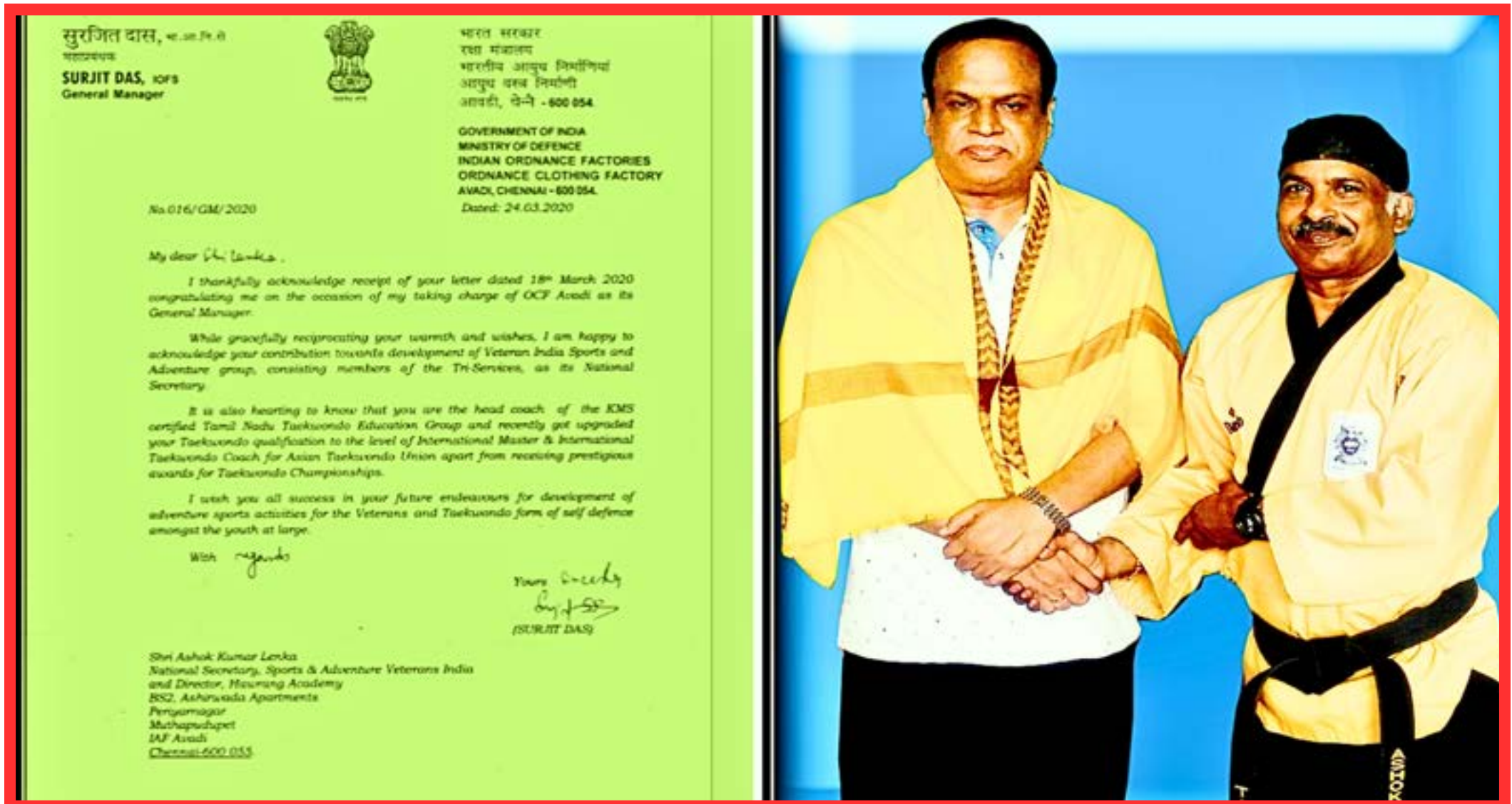
AUGUST

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9

in OCF CALENDER



APPRECIATION BY SHRI SURJIT DAS, GENERAL MANAGER ORDNANCE CLOTHING FACTORY, AVADI



2008-2011-2012 ACADEMY AT BASKET BALL GROUND MTTI



**ONLY OFFICER GREEN BELT
GOT TRAINED ON TKD AT HAWRANG AVADI**



SELF-DEFENSE CAMP FOR AFFWA

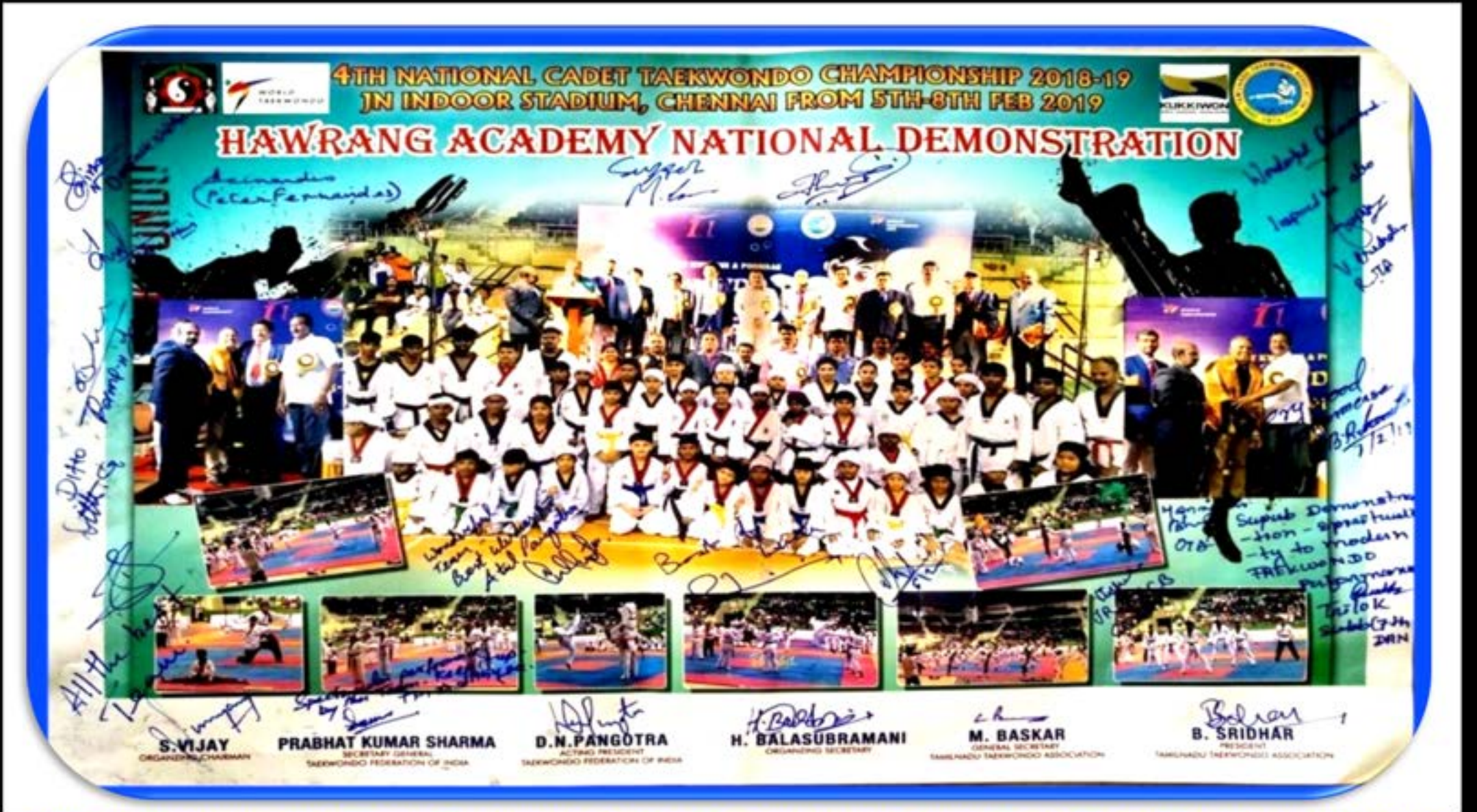
SELF-DEFENCE SEMINAR & SPORTS DAY EVENT CONDUCTED BY HAWRANGS



WOMEN DAY AT 8BRD AFWWA/AVADI@2015



HAWRANG DEMO AT NATIONL LEVEL



AFTER THE HATHAYOGA, AERROBIC, TAEKWONDO DANCE AND TAEKWONDO DEMO AT CADET NATIONAL CHENNAI 2019-20 MOST OF GRAND MASTER, MASTER, COACHES, INTERNATIONAL REFREE AND NATIONAL REFREE AND OFFICIALS HAVE GIVEN AWESOME REMARKS OVER THE DEMO PIC.

AWARD & COMMENDATION

BY GRAND MASTER CHANG SEONG DONG, WORLD TAEKWONDO ACADEMY SEOUL SOUTH KOREA



FOUNDER ASHOK K LENKA
RECEIVED LETTER OF
COMMENDATION FROM GRAND
MASTER CHANG SEONG DONG,
9TH BLACK BELT KUKKIWON,
KOREA, OWNER OF SANGROK
WORLD TAEKWONDO ACADEMY.
RECOGNISED BY WTA



Hawrang Academy

Govt. Registrn No. 1015/2014

Registered to Govt of India (Tamilnadu)

Affiliated to Taekwondo Federation of India (Thiruvallur TN)



Marthaland
Mountain
Chia



VISIT OF
GRAND MASTER CHANG SEONG DONG, 9TH DAN BLACK BELT
03 FEB-05 FEB 2016

1/6A, Govindrajapuram, Palavedu Main Road, IAF Avadi, Chennai-55, Cell-9790752227

하랑 아카데미 방문한 학생들
기원합니다!



Hawrangs Diary



태권도

Hi,
You have taken the first steps by training hard & entering this seminar. So the only thing left is for you to do your best. That way no matter what the outcome is you can still feel good about yourself and learn more to help you achieve even better results in future. I wish you all the best of luck!

Chang Seong Dong

Grand Master Chang Seong Dong
9th Dan Black Belt TaekwonDo
Date: 05 Feb 2016

AFFWA TAEKWONDO DEMONSTRATION BY HAWRANGS-27DEC 2021



TO MRS ANJANA PANA, EXECUTIVE COMMITTEE MEMBER AFFWA(C)

VISITORS DIARY

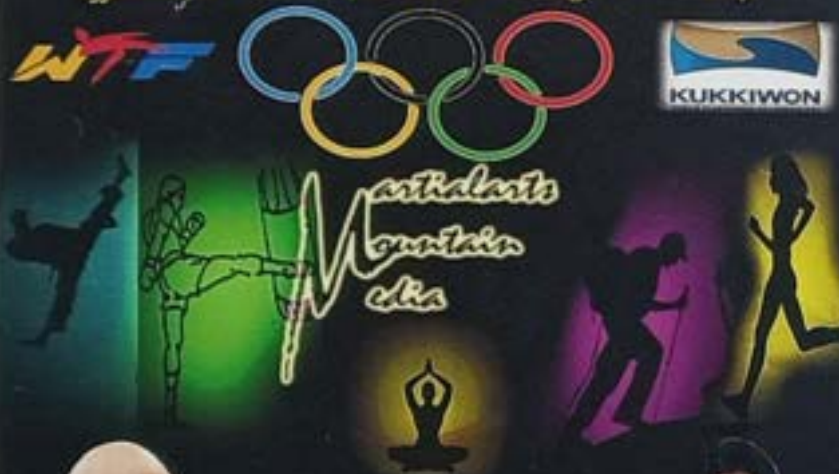


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FOUNDERS

DR ASHOK K LENKA SMT SANJIBANEE SUDHA



BS2, Ashirwada Apartments, Periyar Nagar, IAF Avadi, Chennai-55, Cell-9790752227
www.hawrangacademy.com



태권도

MESSAGE

Excellent display of different Taekwondo moves
by all age group children (boys & girls)
It was pleasure interacting with them.
Wishing them all the best.
Indeed a confident lot
Keep it up!

Date... 27 Dec 21

Venue... 23 ED

Signature [Signature]

Name Mrs Anjana Rana

Designation Executive committee member

Organisation AFHWA (C)

AFFWA TAEKWONDO DEMONSTRATION BY HAWRANGS-03 NOV 2022



... PRESIDENT & ...

VISITORS DIARY

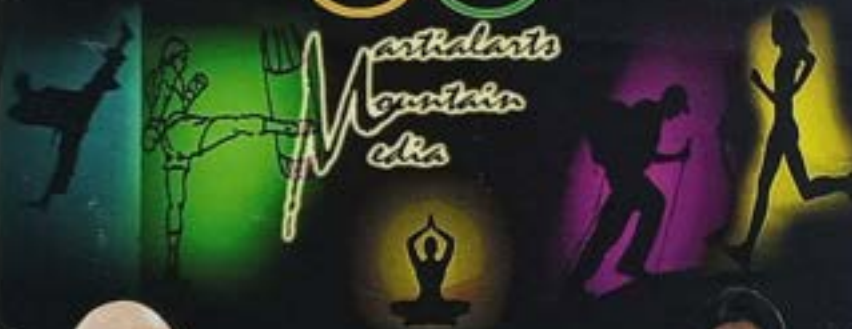


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MESSAGE

"Taekwondo is not about winning with others. It about winning over one self."

It was a praiseworthy display of this art by the children of different age groups under the guidance of Dr. Ashok. I am certain that this practice will strengthen the minds, develop composure & ^{build} more self confidence of these children.

All the children were highly motivated, enthusiastic & full of energy. It was my pleasure to watch them completing their task with lightning speed. Keep up the good work.

With best wishes ♥

Date ^{3rd} Nov 22

Venue... Avadi

Signature Ruchira
Name Mrs. Ruchira Parde
Designation President AFWA (R)
Organisation IAF



**SHOWCASING ACADEMY ACHIEVERS
TO SMT INDRANI VAIDYA, PRESIDENT AFFWA(L), AF STN AVADI**

VISITORS DIARY



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Registered to Govt of India (Tamilnadu)

Affiliated to Kukkiwon, South Korea (Regtn-IN000313)



Antarasta
Munich
Chh



FOUNDERS

DR ASHOK K. LENKA SMT SANJIBANEE SUDHA



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www.hawrangacademy.com



태권도

MESSAGE

SHOWCASING OF ACADEMY ACHIEVERS

Congratulations to our Taekwondo
academic achievers. Your dedication
is truly inspiring

Date..09 April 2024

Venue..AFFWA..

Signature Indrani
Name Mrs. Indrani Vaidya
Designation President AFFWA (Local)
Organisation AF Station Avadi

CELEBRATING 35 YEARS OF
ASSOCIATION WITH AFFWA, IAF



FELICITATION

AIR CMDE PS VAIDYA, AOC AF STN AVADI /
SMT INDRANI VAIDYA, PRESIDENT AFFWA (L)

**HAWRANG ACADEMY DEMONSTRATES
AT 27TH AFA ANNIVERSARY - 2025**

VISITORS DIARY



Hawrang Academy

Govt. Registrn No. 1015/2014

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Affiliated to Kukkiwon, South Korea (Regtn-IN000313)



FOUNDERS

DR ASHOK K LENKA SMT SANJIBANEE SUDHA

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www.hawrangacademy.com



태권도

MESSAGE

FELICITATION OF AIR CMDE PS VAIDYA AOC, 23 ED AF
27th AFA ANNIVERSARY DEMONSTRATION

I huge congratulations to our Taekwondo stars who rocked the stage. Keep up the amazing work-way to go.....

Date..14..December 24

Venue..NARENDRA
HALL

Signature *Indrani*

Name Mrs. Indrani Vaidya

Designation President AFFWA (Local)

Organisation AF Station Avadi

APPRECIATION BY PRESIDENT AFWWA (R) SMT RITU GARG -23 JAN 24



TAKING WORLD CHAMPIONSHIP 5TH POSITION CERTIFICATE

VISITORS DIARY

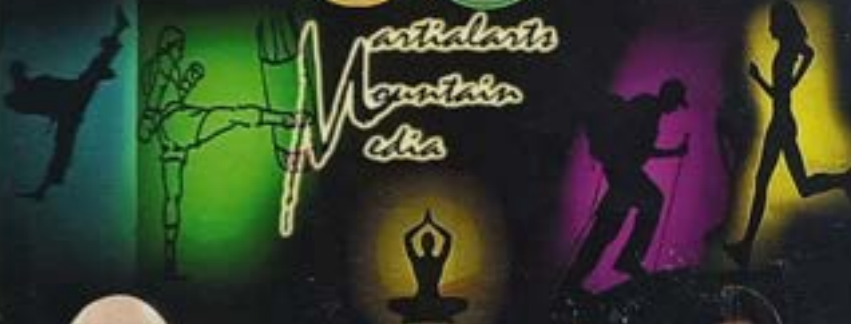


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태권도

MESSAGE

TAEKWONDO DEMONSTRATION

TO Mrs. RITU GARGI, PRESIDENT AFFWA REGIONAL HC

Your hard work and perseverance are a testament to the values of Taekwondo. I offer my sincerest congratulations. Your ability to balance academics and martial arts training is a remarkable achievement.

Date. 23 January 25

Signature Indrani

Name Mrs. Indrani Vaidya

Venue. MUKHERJEE HALL

Designation President AFFWA (Local)

Organisation AF Station Avadi



**HAWRANG ACADEMY TAEKWONDO DEMO TO GP CAPT M GOPINATH, C ADM O, 23 ED AF
FELICITATION OF DR ASHOK K LENKA FOR WORLD CHAMPIONSHIP TRIUMPH
AT GR PRASAD HALL BY EX-SERVICEMEN ASSOCIATION, MUTHAPUDUPET**

VISITORS DIARY

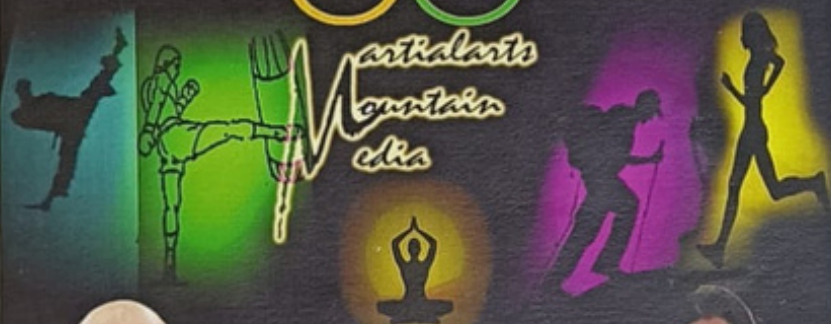


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www.hawrangacademy.com



태권도

MESSAGE

It's indeed a great Privilege + a real honour to have witnessed the awe inspiring performance of the Hawrang Academy Warriors. The dedication, discipline and Camaraderie shown by the children and enthusiasm of Ex Two Lenka in training needs a special mention. Best of Luck for everything.

Signature

Date.....Jan. 26

Name G. Capt. M. Gopinath

Venue G.R. Prasad Hall

Designation C. ADM. O.

Organisation A.F. SIN. AVADI

INTERNATIONAL WOMENS DAY-2025 CELEBRATION BY AFFWA, AFS AVADI SELF-DEFENCE SEMINAR & SPORTS DAY EVENT CONDUCTED BY HAWRANGS



TO MRS DHANYA DIVAKAR, PRESIDENT AFWWA(L), IAF AVADI

VISITORS DIARY



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FOUNDERS

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BS2, Ashirwada Apartments, Periyar Nagar, IAF Avadi, Chennai-55, Cell-9790752227
www.hawrangacademy.com



태권도

MESSAGE

Years of hardwork, dedication and punctuality has taken Hawrang to the heights its seen now. Amestruck and glad to see the mindblowing growth of the Academy. Thanks to Dr Lanka for moulding and inspiring our kids. You have been the pillar and inspiration to many. I have always thanked god for giving me an opportunity to get associated with you and the Academy. All my best wishes for all your future endeavours. Keep rocking and klay to go....

Date 18th May 2025

Signature *[Signature]*

Name Smt Dhanya Divakar

Designation President AFFWALL

Organisation AF Stn Avadi

Venue AFFWALL

Sports Ground

AFFWA-HAWRANG ACADEMY WELCOME CEREMONY AT MUKHERJEE HALL



**FELICITATED AFFWA PRESIDENT (L) GP CAPT RACHNA SHARMA (RETD)
ON ASSUMING THE OFFICE AT AFS AVADI**

VISITORS DIARY

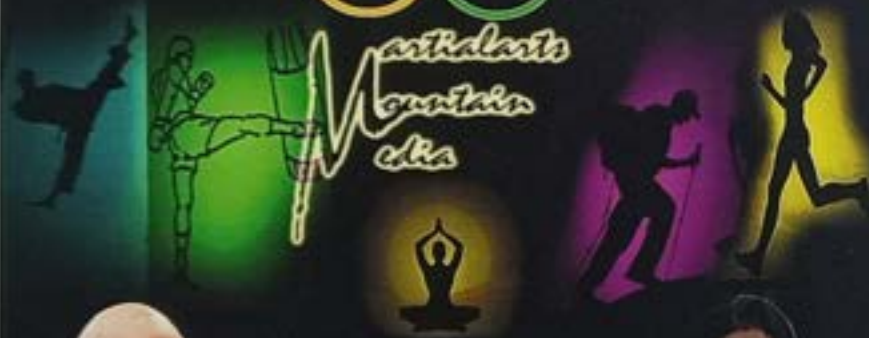


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태권도

MESSAGE

FIRST IMPRESSION

My first visit to this institute felt like entering a space where dedication meets strength, where the coach is not just training the body, he mentors character! In an age of distractions, Hawrang Academy stands out as a sanctuary of purpose. My compliments to the coach and the pupils. May this place win many accolades at national & international levels and shape our youngsters not just as Martial Artists but as 'Leaders' in mind & spirit.

Signature

[Signature]

Date 20 May 2025

Name GP CAPT RACHNA SHARMA

Venue MUKHERJEE HALL

Designation President AFEWA (L)

Organisation AFEWA, IAF

**BY AIR CMDE PRADEEP SHARMA, VSM, AOC AF STN AVADI &
GP CAPT RACHNA SHARMA (RETD) PRESIDENT AFFWA (R)**



RECEIVED BY FOUNDERS OF HAWRANG ACADEMY, MANAGER & COACHES



**On August 17, 2025, at Air Force Station Avadi, on a
prestigious ceremony named "Ek Sham Desh Ke Naam"**



SELF DEFENCE & MARTIAL ARTS DEMONSTRATION BY AGNIVEERS & HAWRANG ACADEMY AT RAISING DAY OF AFP & STI AFS AVADI ON 18 JANUARY 2026



**CHIEF GUEST AIR CMDE PRADEEP SHARMA , VSM,
AOC, AIR FORCE STATION AVADI**

**SELF DEFENCE & MARTIAL ARTS DEMONSTRATION BY AGNIVEERS & HAWRANG
ACADEMY AT RAISING DAY OF AFP & STI AFS AVADI ON 18 JANUARY 2026**



**GUEST OF HONOUR GP CAPT RACHNA SHARMA (RETD)
PRESIDENT AFWWA (L) AIR FORCE STATION AVADI**

VISITORS DIARY



Hawrang Academy

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FOUNDERS

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S2, Ashirwada Apartments, Periyar Nagar, IAF Avadi, Chennai-55, Cell-9790752227

www.hawrangacademy.com



태권도

MESSAGE

Yet again the warriors of Hawrang Academy give a spellbinding display of their techniques & prowess under the able guidance of Dr. Ashok Lenka. The standard of Taekwondo moves shown by the children is indicative of their passion as well as dedication, so keenly nurtured by their coach. My compliments to Dr & Mrs Lenka & the entire team!

[Signature]

Date...18 Jan 2026

Venue...AF.P.&STI

Signature

Name G.P. CAPT. RACHNA SHARMA (RETD)

Designation PRESIDENT AFWHA (L)

Organisation AF SIN AVADI

**SELF DEFENCE & MARTIAL ARTS DEMONSTRATION BY AGNIVEERS & HAWRANG
ACADEMY AT RAISING DAY OF AFP & STI AFS AVADI ON 18 JANUARY 2026**



**AFTER DEMONSTRATION, THE TEAM AFP & STI & HAWRANG WITH
WG CDR GEET TYAGI, COMMANDING OFFICER OF AFP & STI**

VISITORS DIARY



Hawrang Academy

Govt. Registrn No.1015/2014

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FOUNDERS



DR ASHOK K LENKA SMT SANJIBANEE SUDHA

BS2, Ashirwada Apartments, Periyar Nagar, IAF Avadi, Chennai-55, Cell-9790752227
www.hawrangacademy.com



태권도

MESSAGE

An extremely professional and enthralling demonstration of self defence & martial arts performed by team of Hawrang Academy on the occasion of 23rd Rising day celebration of AFP&STI was loved & appreciated by all guests & spectators.

Our heartfelt gratitude to JWO (Retd) Lenka & team of Hawrang Academy.

Date..18.Jan.2026

Signature

Name Wg CDR GEET TYAGI

Venue..AFP&STI

Designation CO AFP&STI

Organisation AF SIN AVADI

**SELF DEFENCE & MARTIAL ARTS DEMONSTRATION BY AGNIVEERS & HAWRANG
ACADEMY AT RAISING DAY OF AFP & STI AFS AVADI ON 18 JANUARY 2026**



**GUEST OF HONOUR MR K FEROZE KHAN ABDULLAH, IPS
DEPUTY COMMISSIONER OF POLICE AVADI**



Hawrang Academy

Govt. Registrn No.1015/2014

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FOUNDERS

DR ASHOK K LENKA SMT SANJIBANEE SUDHA



태권도

MESSAGE

Excellent demonstration by the kids which was very impressive. The technical soundness speaks enormous about the Coaching given by the academy led by Dr. Ashok K. Lenka. His service oriented dedication should continue for ever.

With Best wishes.

K. Feroze

Date..18.Jan.2026

Venue..AF.P&S.T.I

Signature K. Feroze

Name MR K FERQZE KHAN ABDULLAH, IPS

Designation DGP

Organisation AVADI, TAMIL NADU

**SELF DEFENCE & MARTIAL ARTS DEMONSTRATION BY AGNIVEERS & HAWRANG ACADEMY
AT RAISING DAY OF AFP & STI AFS AVADI ON 18 JANUARY 2026**



**GUEST OF HONOUR
Mr NAVEEN, DEPUTY COMMANDANT OF CRPF AVADI**



WG CDR GEET TYAGI, COMMANDING OFFICER OF AFP & STI

UNARMED COMBAT TRAINING FOR AGNIVEERS OF AFP&STI BY HAWRANG ACADEMY.



VISITORS DIARY

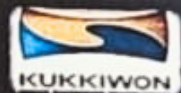


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FOUNDERS

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태권도

MESSAGE

We convey our heartfelt appreciation & gratitude to the team for Hawrang Academy for successfully conducting the UAC workshop for Agr trainees. The training session was well conducted and positive feedback was received from all course participants and instructors involved.

Date.....

Signature

Name Wg CDR GEET TYAGI

Venue MUKHERJEE HALL

Designation COMMANDING OFFICER

Organisation AFP & STI, AFS AVADI



विंग कमान्डर गीत त्यागी

कमान अधिकारी

Wing Commander Geet Tyagi
Commanding Officer

Tele : 044 - 26842860
Fax : 044 - 26842860
AFNET : 4321 - 7800 (O) 6800 (R)
Mobile : 7895866180
E-mail : suraksha.trg@gov.in

वायु सेना पुलिस एवं सुरक्षा प्रशिक्षण संस्थान
Air Force Police & Security Training Institute
वायु सेना स्टेशन आवडी
Air Force Station, Avadi
चेन्नई / Chennai - 600 055

30799/Pers/2

25 May 2026

Dr Ashok Kumar Lenka

APPRECIATION FOR SUCCESSFUL CONDUCT OF UAC DEMONSTRATION

1. On behalf of Air Force Police & Security Training Institute, I would like to extend my sincere appreciation for your exceptional efforts in organizing and conducting unarmed combat workshop for Agniveervayu trainees and skill demonstration on the occasion of our 23rd Unit Anniversary Celebration.
2. Your meticulous planning and professionalism in presenting the demonstration significantly contributed to its success. The participants of the workshop were greatly benefited from the practical knowledge you shared, which has strengthened their understanding on the practical aspects of unarmed combat.
3. We truly value your dedication, expertise and commitment which made the event a great success. Your contribution has set a bench mark for future demonstrations and events.
4. I must take this opportunity to also thank your young pupils for a stupendous display and for sparing their time to be a part of the demonstration.
5. I convey my heartfelt gratitude and look forward to your continued co-operation and support.

Yours Sincerely



FELICITATION BY MRS YALLA SREEVALLI, PRESIDENT AFFWA, MAINTENANCE COMMAND



SMT SANJBANEE SUDHA LENKA ,DR ASHOK K LENKA, MASTER ARYAN K LENKA, MISS P HARSINI, MASTER LOKAPRADIP, MASTER TEJASWI GUPTA, MISS LINCY TENEENA



18 JUL 2026