





INTRODUCTION

INTRODUCTION OF DR ASHOK KUMAR LENKA

- Winner of "PRIDE of NATION" Award 2019 & 2025
- Awardee Honorary Doctorate in Physical Education by GPU, USA
- Life time Achievement Awardee by GCA, India
- Padma Award Nominee -2020
- Nominated for Tenzing Norgay National Land Adventure Award-2003
- National Secretary (In charge) Sports (Honorary) for VETERAN INDIA SPORTS WING
- Founder Hawrang Academy
- International TaeKwondo Coach (ATU Certified)
- International 3rd Class Master Instructor , South Korea
- International Poomsae Gold and Kyorugi Bronze Medalist, Hero Cup Bankok
- International Taekwondo Instructor for Integration of Taekwondo in Chennai By Grand Master Chang , 9th Dan, Kukkiwon S Korea.
- World Poomsae Championship (Online) Bronze Medalist
- National Taekwondo Poomsae Bronze Medalist , India Taekwondo
- National Poomsae (online) Gold Medalist
- National Master Instructor (TFI_Olympic)
- District Head Coach Thiruvallur Dist Taekwondo
- Tamilnadu State Coach/ Manager
- National Referee Kyorugi and Poomsae
- National level Taekwondo Coach
- Taekwondo Global License – IND-3513



QUALIFICATION



- ACADEMIC QUALIFICATION
  - MPEd, MBA(MEDIA), BE, BA, PGJMC, PGDCA
- TAEKWONDO & MARTIAL ARTS
  - 6TH DAN TAEKWONDO (SANGROK)
  - 5TH DAN BLACK BELT (KUKKIWON)
  - 2 DAN HAPKIDO
  - 3 DAN SAILUM
  - 3 DAN KENBUDO
  - NATIONAL REFEREE
  - NATIONAL MASTER INSTRUCTOR (TFI)
  - NATIONAL COACH
  - INETRNATIONAL COACH (ATU)
  - INTERNATIONAL INSTRUCTOR (10 YRS) SANGROK
  - 3RD CLASS MASTER INSTRUCTOR WORLD TAEKWONDO ACADEMY, SOUTH KOREA
  - TAEKWONDO GLOBAL OFFICIAL MEMBER GOM - IND 3513

QUALIFICATIONS

- MOUTAINEERING
  - BASIC MOUTAINEERING COURSE.(HMI)
  - ADVANCE REFRESHER MOUTAINERING COURSE(DMAS)
  - ROCK CLIMBER (ASAI)
  - HIGHT ALTTITUDE MOUNTAINEERING COURSE (SIACHIN BATTLE SCHOOL)
  - CLIMBER OF 11 MOUTAIN PEAKS FROM 1998-2008
- NATURE TREKKER,



- YOGA
  - YOGA COURSE FROM SHIVACHIDANAND SARASWATI,DIVINE LIFE SOCIETY - 1982

- ATHLETICS (100M. 200M, 400M, LONG JUMP, JAVELINE)
  - SCHOOL SCHOOL CHAMPION 1982-83-84
  - DISTRICT/ STATE/ COLLEGE/
  - IAF COMMAND LEVEL ATHLETE



- PHTOGRAPHER/ CINEMATOGRAPHER (20 YEARS)
- EDITOR/ DESIGNER/ FILM MAKER(20 YEARS)

MY ATHLETICS HISTORY

- SCHOOL LEVEL RCBL SCHOOL, CHARAMPA 8TH . 9TH & 10TH CLASS ATHLETICS CHAMPION
- 10+2 SC BHADRAK COLLEGE RUNNERS UP AND 100AND 400M CHAMPION
- +3 SCIENCE DD COLLEGE KEONJHAR 100 M 200MRUNNERS UP JAVELIN CHAMPION
- PLAYED DISTRICT
- PLAYED INTERCOLLEGE
- INTER UNIT IAF 8WG CHAMPION
- PLAYED INTERWING
- WESTERN AIR COMMAND COLOUR

PLAYED INTER COMMAND 4X400 RELAY AND 4X100 RELAY.



MY LIFE IN AIR FORCE ATHELETICS FROM 1991-1994



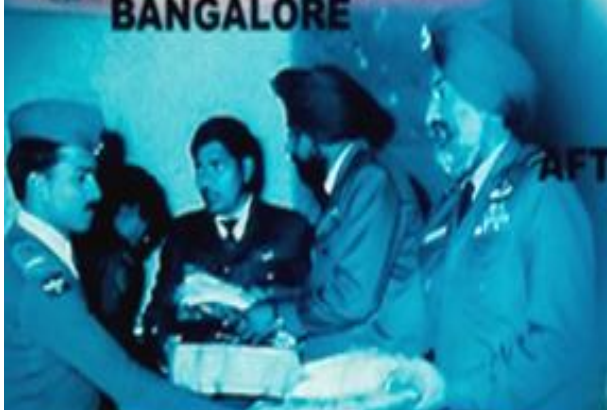
INTER COMMAND
BANGALORE



WESTERN AIR COMMAND TEAM
AFTER WINING AIRFORCE CHAMPIONSHIP
WITH AOC-IN-C TRAING COMMAND



AIR CMDE BHOPARAI
AOC AF STN ADAMPUR
INTER WING
WAC ATHELETIC CHAPIONSHIP



LAC AK LENKA RECEIVING PRESENTS FROM
AIR CMDE BHOPARAI



AIR CMDE BHOPARAI WITH 8 WING TEAM
WITH WAC INTER WING CHAMPIONSHIP TROPHY



VICTORY STAND
JAVELINE



AIR CMDE TM ASTHANA & THE TEAM
WITH WAC CHAMPIONSHIP TROPHY



AIR CMDE SEN WITH 8 WING TEAM
WITH CHAMPIONSHIP TROPHY



AIR CMDE TM ASTHANA VM
AOC AF STN ADAMPUR
INTER WING ATHELETIC CHAMPIONSHIP

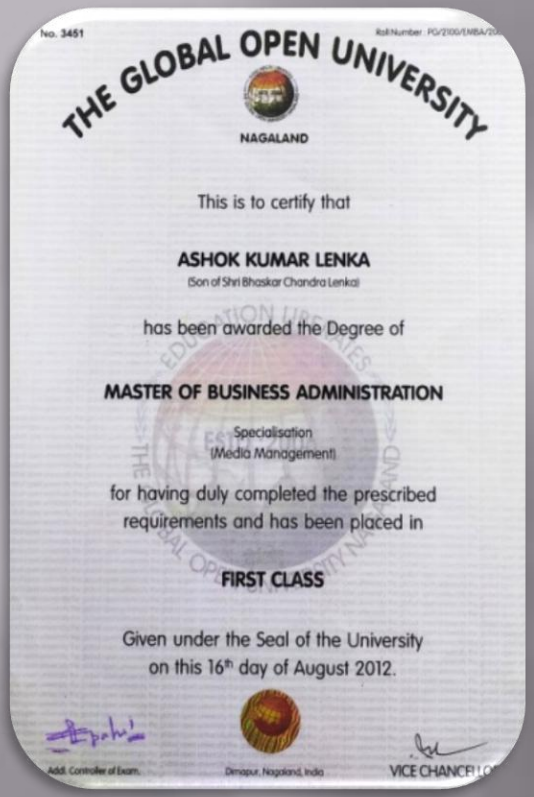
FOUNDED HAWRANG ACADEMY-2014

- The Academy is now registered to Govt of India TN-1015/2014. Parternship Firm with my wife Mrs Sanjibanee Sudha Lenka.
- Academy has got its Elite Kukkiwon membership No – KMS-IN000313.
- Academy is a affiliate entity of Sangrok World Taekwondo Academy, Recognized by World Taekwondo Federation (WTF).
- Registered to Youth & Sports Ministry (Pledge No-9594672425).
- Registered to FITINDIA as Organizer ID-214180
- The academy is also registered to Taekwondo Federation of India (TFI) and is a constituent member (CM) of Thiruvallur District of Tamilnadu. The CM No is 31262015001.
- In turn its registered to WTF, ATU, IOA, SAI and Youth and Sports Ministry.



EDUCATIONAL & PROFESSIONAL QUALIFICATIONS

EDUCATIONAL QUALIFICATION



THE GLOBAL OPEN UNIVERSITY

NAGALAND

This is to certify that

ASHOK KUMAR LENKA

(Son of Shri Bhaskar Chandra Lenka)

has been awarded the Degree of

MASTER OF BUSINESS ADMINISTRATION

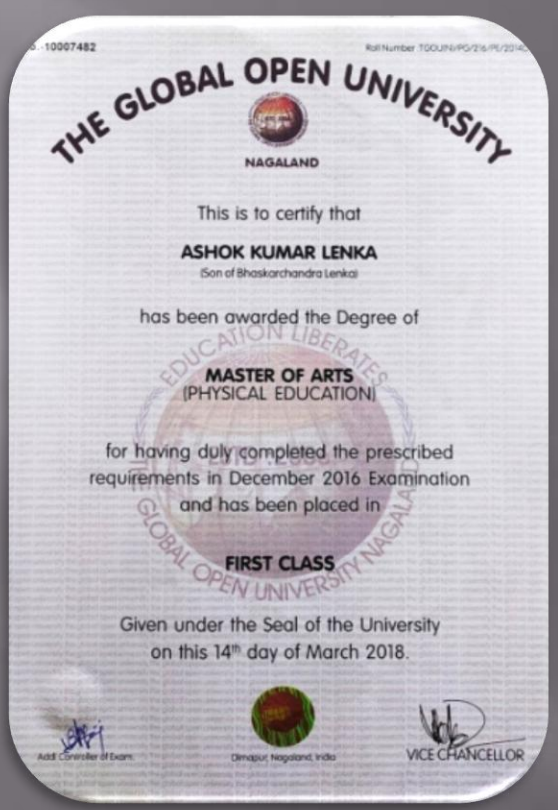
Specialisation
(Media Management)

for having duly completed the prescribed requirements and has been placed in

FIRST CLASS

Given under the Seal of the University on this 16th day of August 2012.

Addl. Controller of Exam. — Dimapur, Nagaland, India — VICE CHANCELLOR



THE GLOBAL OPEN UNIVERSITY

NAGALAND

This is to certify that

ASHOK KUMAR LENKA

(Son of Bhaskarchandra Lenka)

has been awarded the Degree of

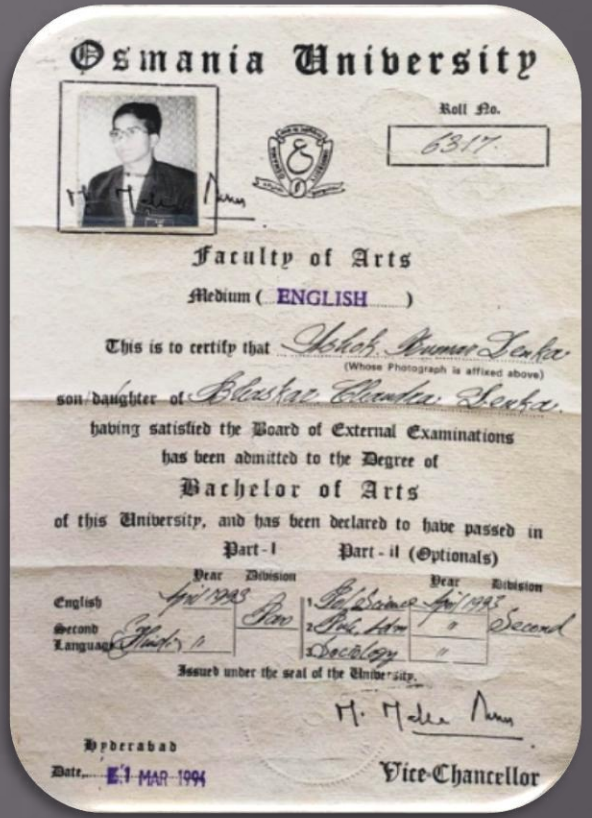
MASTER OF ARTS
(PHYSICAL EDUCATION)

for having duly completed the prescribed requirements in December 2016 Examination and has been placed in

FIRST CLASS

Given under the Seal of the University on this 14th day of March 2018.

Addl. Controller of Exams — Dimapur, Nagaland, India — VICE CHANCELLOR



Osmania University

Roll No. 6317

Faculty of Arts

Medium (ENGLISH)

This is to certify that Ashok Kumar Lenka
(Whose Photograph is affixed above)

son/daughter of Bhaskar Chandra Lenka

having satisfied the Board of External Examinations has been admitted to the Degree of

Bachelor of Arts

of this University, and has been declared to have passed in

	Part - I Year	Part - I Division	Part - II (Optionals)	Part - II Year	Part - II Division
English	April 1985	Pass			
Second Language			1. Phy. Science	April 1985	Second
			2. Phy. Edn.		
			3. Zoology		

Issued under the seal of the University.

Hyderabad

Date 21 MAR 1994

Vice-Chancellor



INDIAN AIR FORCE

CERTIFICATE

Diploma in Electrical Engineering

1. Certified that Ex 687549-A JWO ASHOK KUMAR LENKA who served in the Indian Air Force from 10.JUL.1987 to 31.JAN.2010 had undergone and successfully completed the prescribed training in ELECT FIT trade and was employed in that trade till his discharge.

2. Indian Air Force Trade ELECT FITTER has been recognised as diploma in "ELECTRICAL ENGINEERING" for recruitment to subordinate posts and services under the Central Government vide Government of India Ministry of Education and Social Welfare (Department of Education) OM No. F. 18-52/75-T-2/T-7 dated 22nd July 1977. Further, Diploma in Engineering in appropriate discipline plus total 10 years of technical experience in the appropriate fields is recognised as EQUIVALENT TO DEGREE IN ENGINEERING vide Govt. of India Ministry of Education and Social Welfare (Department of Education) OM No. F-18-19/75/T-2 dated 26th May 1977. It is considered valid for the purpose of selection of gazetted posts and services under the Central Govt. Or State Govt.

Place : New Delhi
Date : 25 Apr 2014

(AK Patra)
Air Cmde
PD Air Veterans

AOC
AFRO



Serial No. 2377

Annexure 'E' to Air HQ/40802/7/PA III dated 25 Sep 06

INDIAN AIR FORCE

CERTIFICATE

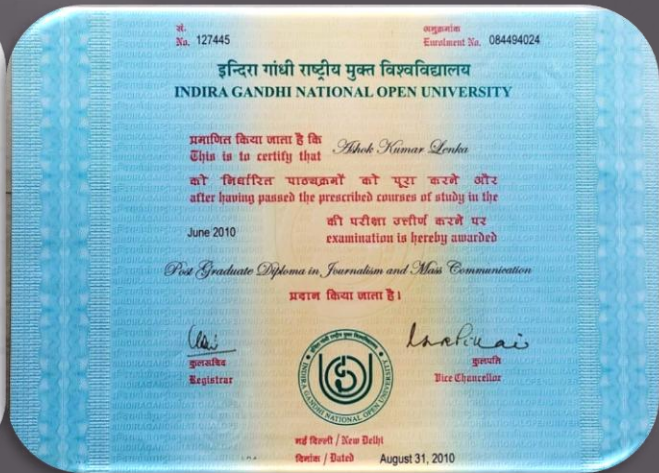
Diploma in Electrical Engineering

1. Certified that Ex 687549-A JWO Ashok Kumar Lenka who served in the Indian Air Force from 10 Jul 1987 to 31 Jan 2010 had undergone and successfully completed the prescribed training by passing the requisite examination, obtaining 66 % (percentage) marks for the trade of Elect Fit on 23 Dec 1989 and subsequently Passed LTTB/CTTB (Departmental Trade Test) obtained ~~_____~~ % marks on ~~_____~~ and was employed in that trade till his discharge.

2. Indian Air Force Trade Elect Fit has been recognised as diploma in "ELECTRICAL ENGINEERING" for recruitment to Subordinate posts and services under the Central Government vide Government of India Ministry of Education and Social Welfare (Department of Education) OM No. F 18-52/75-T.2/T.7 dated 22nd July, 1977.

Place : New Delhi
Date : Dec 09

AOC
AFRO



सं. Na. 127445

नामांकन Enrolment No. 084494024

इन्दिरा गांधी राष्ट्रीय मुक्त विश्वविद्यालय

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

प्रमाणित किया जाता है कि This is to certify that

Ashok Kumar Lenka

को निर्धारित पाठ्यक्रमों को पूरा करने और after having passed the prescribed courses of study in the

June 2010

की परीक्षा उत्तीर्ण करने पर examination is hereby awarded

Post Graduate Diploma in Journalism and Mass Communication

प्रदान किया जाता है।

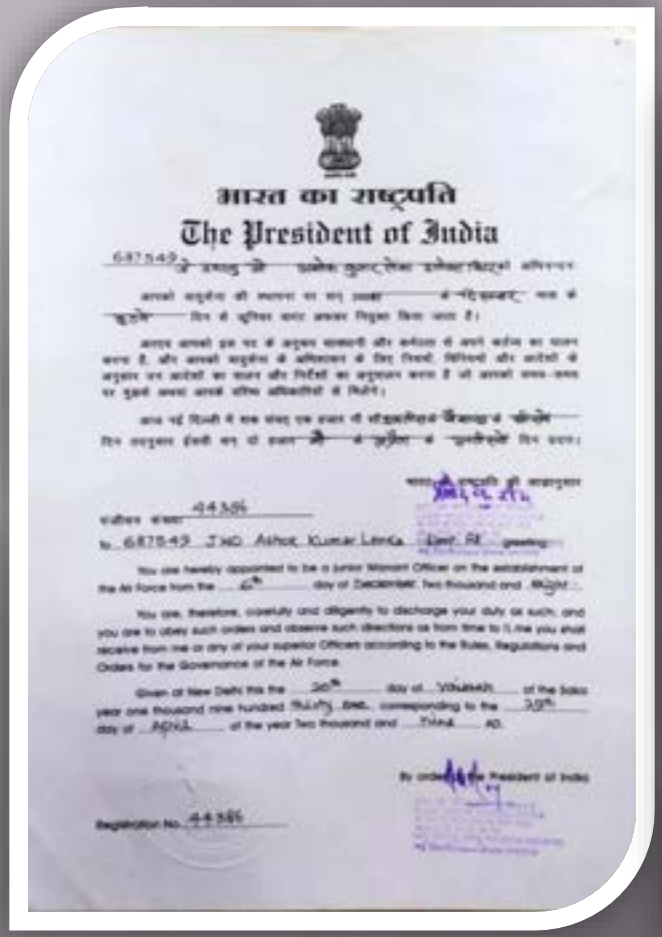
कुलसचिव Registrar

कुलपति Vice Chancellor

नई दिल्ली / New Delhi

दिनांक / Dated August 31, 2010

INDIAN AIR FORCE CERTIFICATES



भारत का राष्ट्रपति

The President of India

687549 ... 44586

To 687549 J.W.O. Ashok Kumar Lenka Elect. Fit. greeting:

You are hereby appointed to be a Junior Warrant Officer on the establishment of the Air Force from the 6th day of December, Two thousand and Eight.

You are, therefore, carefully and diligently to discharge your duty as such, and you are to obey such orders and observe such directions as from time to time you shall receive from me or any of your superior Officers according to the Rules, Regulations and Orders for the Governance of the Air Force.

Given at New Delhi this the 20th day of Vikrama of the Saka year one thousand nine hundred thirty one, corresponding to the 30th day of April of the year Two thousand and nine A.D.

By order of the President of India

Registration No. 44586



INDIAN AIR FORCE

Discharge Certificate

PART I

CIVIL AND SERVICE PARTICULARS

PART II

CERTIFICATE OF DISCHARGE FROM THE REGULAR AIR FORCE SERVICE



INDIAN AIR FORCE

Certificate on Security Training



INDIAN AIR FORCE

Certificate

Trade Proficiency



Department of Information - Govt. of Tamil Nadu &
Don Bosco Institute of Communication Arts
presents

DBICA

The 4th International Short Film Festival of India 2010

Certificate of Participation

Awarded to Ashok Kumar Lenka

for the Short Film Judge *at the*

4th International Short Film Festival of India that took place at Albert Theatre, Chennai on the 20th & 21st of March 2010.

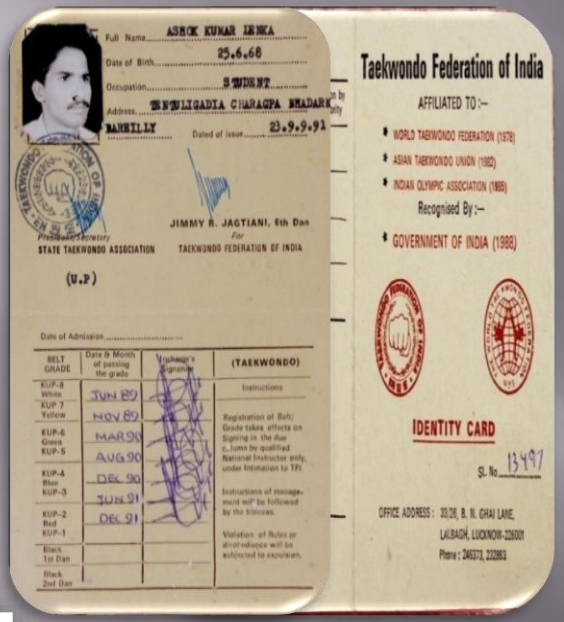
Antony Raj
ISFFI Co-ordinator

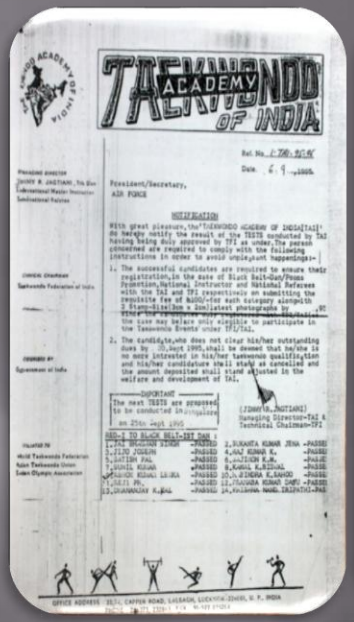
ISFFI Jury

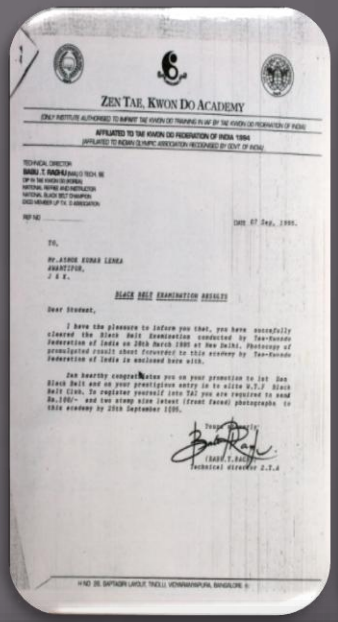
Hamid Pakkam
ISFFI Organizer

MY TAEKWONDO JOURNEY













I , Started Taekwondo in the Mar 1988 during my IAF Training at E & ITI, Bangalore under my Guru Who was also Airman. 1 appeared In the Dan Exam at YMCA Delhi Under TFI headed by Master Jimmy R Jagtiani during Mar 1995 and got my 1st Dan .

Than afterwards I started learning as directed by my Master. Practiced Kenbudo and Sailum art under him and got 3 rd Dan in both.

Alongside on Masters call I started climbing mountains and started performing Martial Arts over mountain. 1998 was 1st expedition to Sinla Pass





MY TAEKWONDO JOURNEY







TAEKWONDO SPORTS AWARD

6TH DAN TAEKWONDO AND 2ND DAN HAPKIDO BLACK BELT, PRESENTED BY GRAND MASTER CHANG SEONG DONG, 9TH DAN BLACK BELT TAEKWONDO, KUKKIWON, KOREA,FOUNDER SANGROK WORLD ACADEMY





6TH DAN TAEKWONDO

2ND DAN HAPKIDO





Sports Authority of India (SAI)
Coach Education Program (CEP) Certification,
Ministry of Youth and Sports



राष्ट्रीय परीक्षा एजेंसी
National Testing Agency
Excellence in Assessment

भारतीय खेल प्राधिकरण
sports authority of india



राष्ट्रीय परीक्षा एजेंसी
National Testing Agency

sports authority of india

Application No. 42958900 NTA Ref. No. SPOR-0620-2542

E-Certificate

This is to certify that Ashok kumar Lenka son /daughter of Bhaskar chandra lenka & Laxmi priya lenka was awarded Grade C in the **COACH EDUCATION PROGRAMME (CEP) - EXAMINATION** in **SPORTS SCIENCE** held online in June 2020, by National Testing Agency, based on CEP held during April - May, 2020 by Sports Authority of India.

Date: 11-08-2020

Cmde. Pushpendra Kumar Garg(Retd)
High Performance Director, SAI

Grade A: 70% and above || Grade B: Between 50% and 69% || Grade C: Below 50%



sports authority of india

Application No. 42958900 NTA Ref. No. TAEK-0620-2942

E-Certificate

This is to certify that Ashok kumar Lenka son/daughter of Bhaskar chandra lenka & Laxmi priya lenka was awarded Grade B in the **COACH EDUCATION PROGRAMME (CEP) - EXAMINATION** in **TAEKWONDO** held online in June 2020, by National Testing Agency, based on CEP held during April - May, 2020 by Sports Authority of India.

Date: 11-08-2020

Dr. G. Kishore
Principal, SAI LNCPE

MAJOR INTERNATIONAL & NATIONAL AWARDS

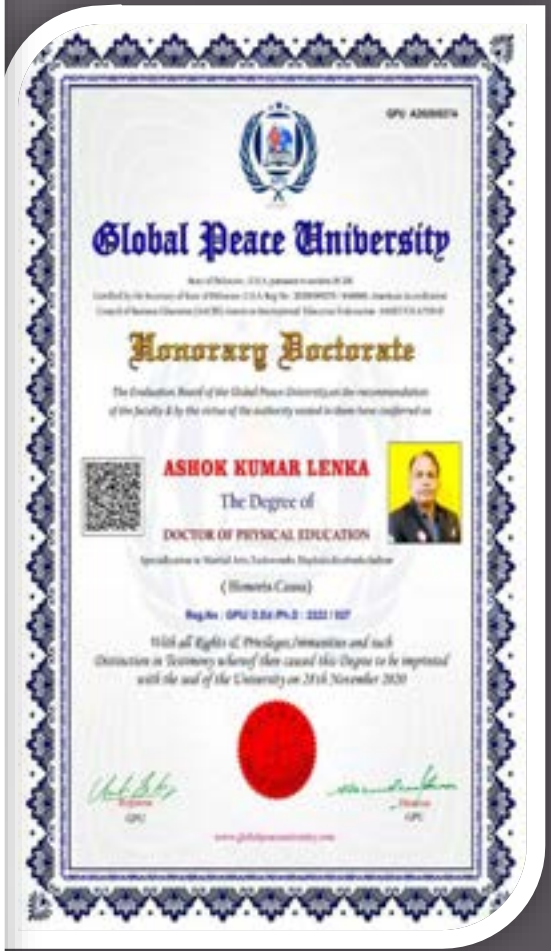
AWARD OF HONOURARY DOCTORATE IN PHYSICAL EDUCATION BY GPU, USA











LIFETIME ACHIEVEMENT AWARD FOR SPORTS & ADVENTURE BY GLOBAL ACHIVERS COUNCIL EXCELLENCE AWARD-2020














LOBAL COUNCIL FOR PROFESSIONAL








VIVANTA


GLOBAL COUNCIL FOR PROFESSIONAL
GLOBAL
RS COUNCIL
2020


CARAMEL


CARAMEL

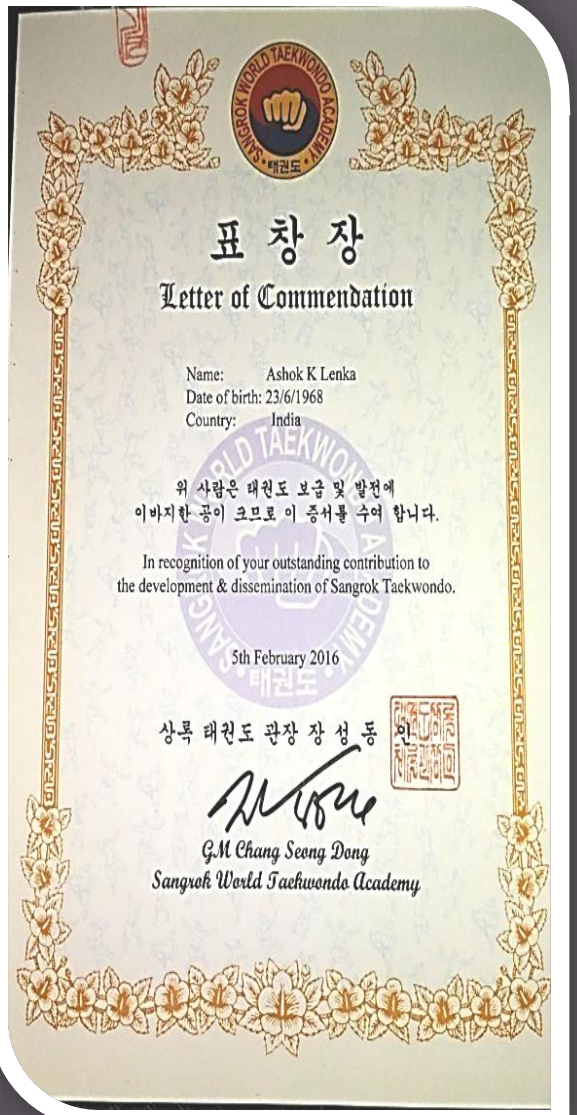
INTERNATIONAL COMMENDATION

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

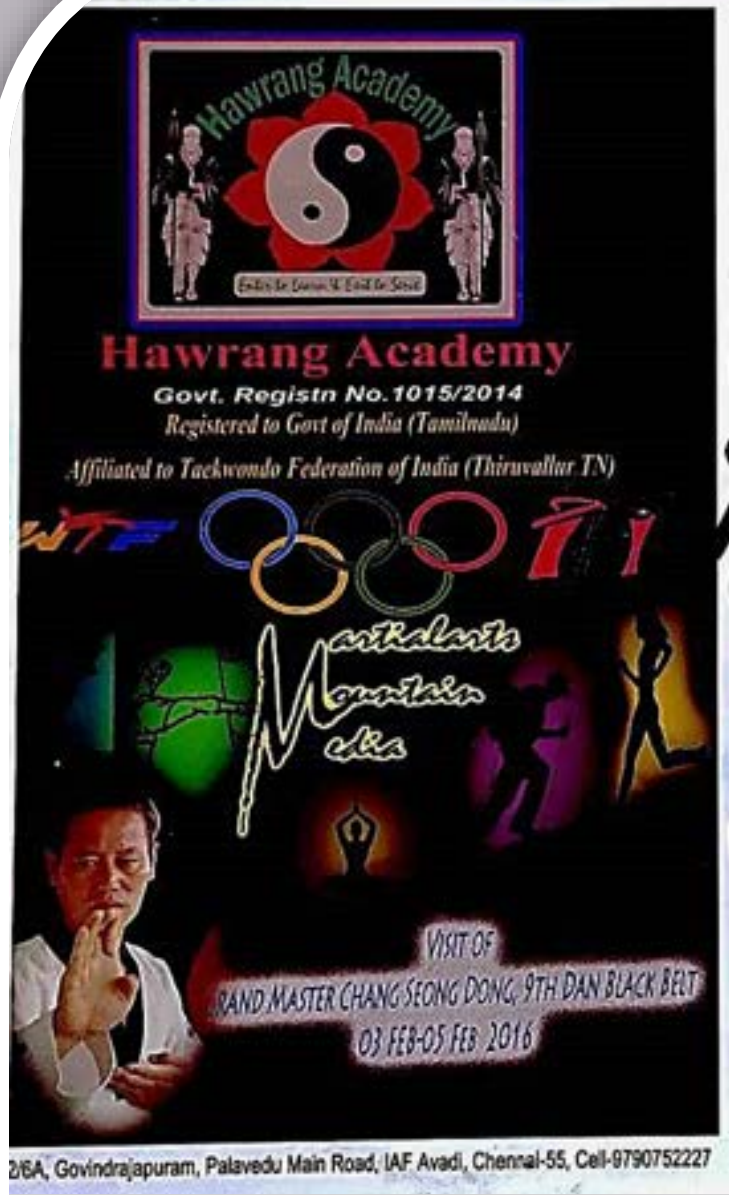


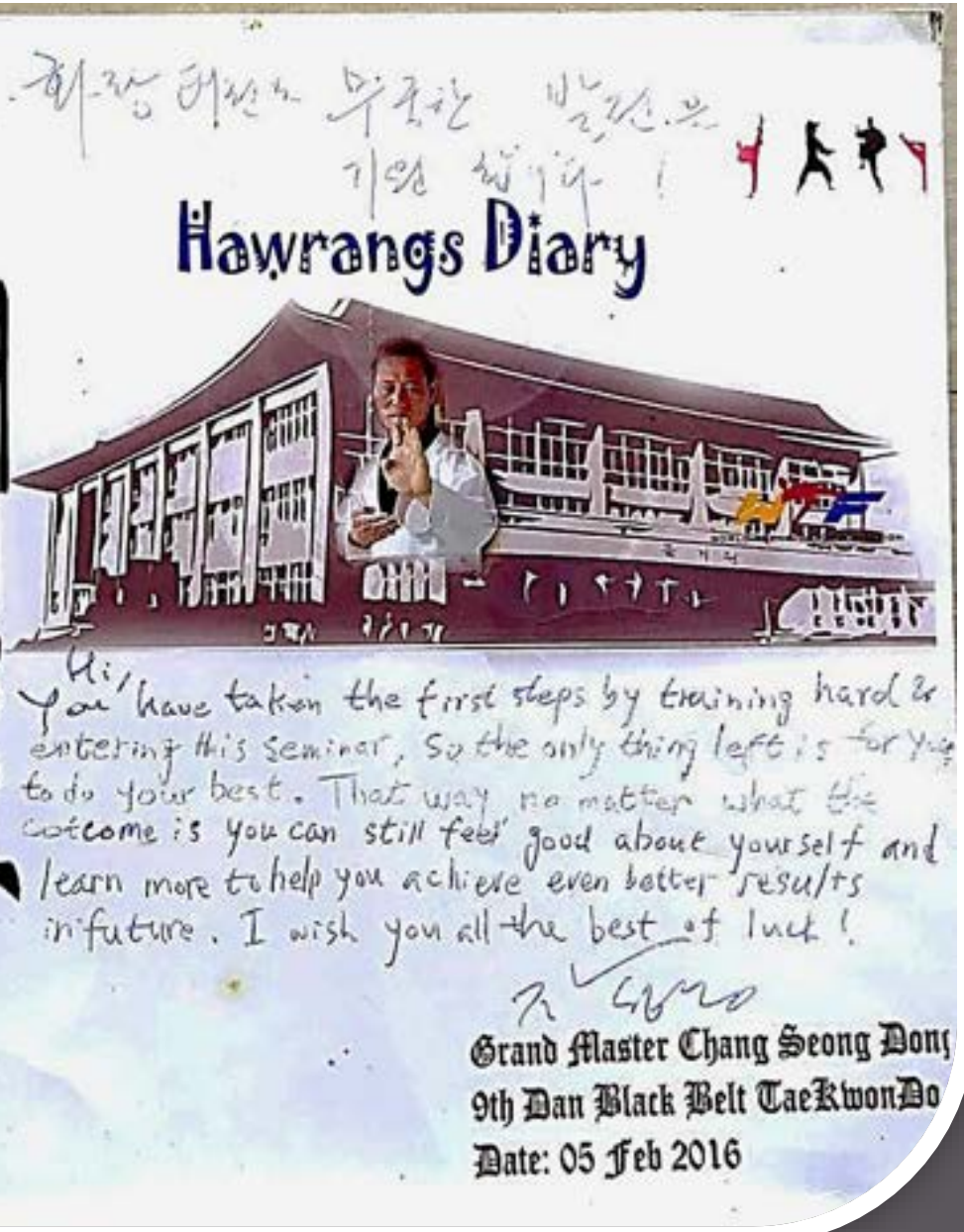
FOUNDER ASHOK K LENKA RECEIVED LETTER OF COMMENDATION FROM GRAND MASTER CHANG SEONG DONG, 9TH BLACK BELT KUKKIWON, KOREA, OWNER OF SANGROK WORLD TAEKWONDO ACADEMY. RECOGNISED BY WTF





APPRECIATION BY GRAND MASTER SOUTH KOREA





PRIDE OF NATION AWARDEE



- Veterans India National Secretary Sports and Adventure: On 25 Dec 2019, he was appointed National secretary as Sports and Adventure, In a Span of 1 year he could expand the wing to 11 States of India with a mission and vision of Nationalism and Patriotism to reach every corner of India through sports. With a ambition of Sports Talent Search, Affordable sports, Rise above federation casteism, using latest equipment of sports and patriotic officials and finally when the talent is found the talent to be nurtured through corporate and government funding. With this noble thought he started the spread of sports and it was recently tested at 1st Veterans India State Level Taekwondo Sports Championship at Dingigal Tamilnadu. The Championship came out to a great success.

- His remarkable contributions to society through sports, adventure and fitness at a large in last 4 decades has made him to earn his laurel "**PRIDE OF NATION**"

NATIONAL LEVEL FELICITATION





AWARD WITH DIGNITARIES







NOMINATION TEZING NORGAY NATIONAL LAND ADVENTURE AWARD

MARTIAL ARTS IN 12 MOUTAIN PEAK:ASHOK K LENKA



NOMINATION FOR TENZING NORGAY NATIONAL ADVENTURE AWARD-2003

NOMINATION
FOR
TENZING NORGAY NATIONAL ADVENTURE AWARD-2003

687549-A
SGT
ASHOK KUMAR LENKA
37 SQUADRON AIRFORCE
C/O 56 APO

Tele: 223450/352

37 Sqn AF
C/o 56 APO

37S/1121/1/P5

31 Oct 03

HQ SWAC, IAF
Gandhi Nagar-09

TENZING NORGAY NATIONAL ADVENTURE AWARDS
687549-A SGT LENKA AK ELECT FIT

1. Reference is made to your Headquarters signal No ADV/47 dated 23 Oct 03.

2. Enclosed please find the nomination form filled in all respect along with the supporting documentary proof in respect of the above mentioned SNCO for above national award as desired vide your HQ signal ibid.

(VS Charan)
Flt Lt
Adjt
for CO

Encl: As stated

TENZING NORGAY NATIONAL ADVENTURE AWARDS
NOMINATION FOR LAND BASED ADVENTURE

A: NAME: ASHOK KUMAR LENKA

B: SEX: MALE

C: FATHERS NAME: SRI BHASKAR CHANDRA LENKA

D: DATE OF BIRTH: 23 JUNE 1968

E: ADDRESS: 37 SQN AF C/O 56 APO

F: OCCUPATION: SERVICE IN IAF

G: EDUCATIONAL QUALIFICATIONS: BA

H: DETAILS OF ACHIEVEMENT:

(i) : Mountaineering

Expedition	Flag Off By	Institution	Duration	Designation	DUTY/ LEAVE	Achievement
Mount Bhagirathi I Height: 22,624 ft	Union Sports Minister Mr. Mukul Wasnik & Director MS Ramaiah Institute of Technology Mr MR Sitaram.	Adventure Sports Association of India	27 Sep-15 Oct 99	**Group Leader** Incharge **Video, Photography** & Food.	**On permission of IAF (Civil T/D) Vide Air HQ(RKP) ADV/31 dtd 18 Aug 99**	Climbed upto Advance Base Camp (19, 500ft). Team returned back due to adverse weather condition.
Stithidhari Peak Height : 19, 000 ft	Air Mshl JS Rai AOC-in-C Trg Command, Her Highness Mrs VS Ramadevi Governor of Karnataka & Union Sports Minister Mr. Sukhdev Singh Dhidsa	"	16 Aug-02 Sep 2000	"	**On permission of IAF (Civil T/D) Vide Air HQ(RKP) /294 dtd 26 Jul 2000 & ADV/51 dtd 28 Jul 2000**	Summitted the Peak Stithidha (19, 000 ft)
Mount Rudugaira Height : 19, 125 ft	Union Defence Minister Mr. George Fernandez.	"	02 Sep-25 Sep 01	"	**On permission of IAF (Civil T/D) Vide Air HQ(RKP) ADV/332 dtd 22 Aug 2001**	Summitted the Peak (19, 125 ft)
Mount Nanda Ghunti (21, 300 ft)& Ronti Sadle	Lok Sabha Speaker Mr. Shivraj Patil	"	25 Aug-20 Sep 02	"	**On Leave**	Climbed upto ABC of (18, 0 ft) Thereafter team returned back due adverse w condi

NOINATION FOR TENZING NORGAY NATIONAL ADVENTURE AWARD-2003

H Trekking

Expedition	Institution	Year	Dur	Designation	DUTY/ LEAVE	Achievements
Himalayan						
Sinla Pass	ASAI	1998	15 Days	Group Leader Incharge Video & Photography	On Leave	Sinla Pass 19,500 ft, 169 KM
Wild Life						
Western Ghats	ASAI	1997	07 Days	Group Leader	On Leave	Sumitted Peak Kudremukh, 100 Km
Western Ghats	ASAI	1998	"	"	On Leave	"
Desert						
Thar Desert	ASAI	2002	02 days	Expedition Leader	On Leave	80 KM

J RECEIVED ANY AWARDS NIL

K INDIVIDUALS REPUTATION IN THE LOCALITY OF RESIDENCE As a mountaineer and martial artiest 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". He is a role model in his locality and home town in Orissa.

L WHETHER CONVICTED BY COURT NO

M JUSTIFICATION FOR RECOMMENDATIONS

(a) The individual has achieved and maintained these rare fitness traits till date apart from performing his normal service duties in an exemplary manner in IAF. He has never been out of his work place for achieving these high standards in the field of adventure except during his camps and expeditions. He accredits his achievements to the various commanders of IAF.

(b) The individual has an inherent taste of adventure as it is apparent from records of his achievements. He has taken part in several expeditions during his leave period and at his own expense.

(c) Adventure mixed with an ounce of martial arts discipline is an every day's routine for the individual. He conducts fortnightly nature treks, rock climbing and cycling expedition for his followers at his duty station.

(d) Climbing mountain is difficult but performing martial arts at different heights of Himalayas with the partial presence of oxygen and temperature as low as – 10 deg C is nerve thrilling. According to him his practice is attributed "To know and develop internal energies (Ki) and develop esoteric element of martial arts (TSUMO & LUNGUM). The entire process is to achieve "Vajrakaya" (the supreme body) "Vajramedha" (the supreme mind). He follows the foot steps of father of martial arts and eldest disciple of Lord Buddha Guru Bodidharma".

ANY OTHER RELEVANT INFORMATION'S FOR THE PROPOSAL:

(i). Sports Qualification:

Sl No	Qualification	Federation	Year of Starting	Year of Passing	Style
Martial Art Style : Taekwondo (WTF) & Kenbudo (ZTKA					
1.	Ist Dan Black Belt	TFI, India	1989	1996	Taekwondo
2.	IInd Dan Black Belt	ZTKA, India	1996	1998	Kenbudo(Weapon)
3.	Zen National Referee	ZTKA, India	-	1999	Taekwondo & Kenbudo
4.	Zen National Instructor	ZTKA, India	-	2002	Taekwondo & Kenbudo
Adventure Rock Climbing & Mountaineering					
1.	Basic Rock Climbing Course	**HQ TRAINING COMMAND, IAF (ASAI, Bangalore)**	24 Mar	10 Apr 2000	-

(ii) Martial Arts Teaching Experience: Total No. Years: 14 Yrs; Style: Taekwondo & Kenbudo (Unarmed Combat & Traditional Weapon)

Sl No	Place	Authority	Year of Starting	Year of Closing	To Whom Imparted
1.	AFS Adampur	IAF	1990	1996	IAF Personnel, their Families & Civilians
2.	AFS Awantipur	IAF	1996	1998	Quick Reaction Team (QRT), IAF Personnel & their Families
3.	Air Force Technical College	IAF	1998	2001	Officers' Cadet
4.	Communication Training Institute	IAF	1999	2001	Airmen Trainee
5.	Jalahalli East	Civil	1998	2001	Civilians , IAF Personnel & their families
6.	AFS Nal	IAF	2001	2003	IAF Personnel & their families
7.	AFS Bhuj	IAF	2003	Till Date	IAF Personnel & their families

(iii) A trained Cinematographer & Editor from Audio Visual Production Unit C/O Air Force Technical College, he was part of Film crew on production for more than 25 Films produced by AVPU on U-matic and Digital video editing console. With this experience and interest he was made in charge for Video & Photo team in all above expeditions mentioned in para H. The best films made by him were on Mount Bhagirathi & Sinla Pass high altitude expeditions. He is an asset for adventure videography and editing.

P OVERALL ASSESSMENT:

The performance of Sgt Lenka AK has been excellent in performance of 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 which is amply evident from his participation and performance in an array of adventure activities over a period of time.

Q REMARKS OF COMMANDING OFFICER:

Sergeant Lenka AK is an outstanding sportsman and a keen participant in adventure activities organised by the IAF and the civil authorities. He is an instructor in the Martial Arts and has achieved high standards of fitness through his outdoor activities. Apart from carrying out his normal duty in an exemplary manner he has motivated people around him to achieve high standards of physical fitness. Also through his classes in Martial Arts he has been instrumental in teaching the art of Self Defence to all age groups thereby increasing self confidence among people around him. With a large number of followers in the peer group he exhibits rare leadership qualities which are the need of the hour today. As a disciplined soldier, keen sportsman, adventure lover and motivator in true sense Sgt Lenka AK is strongly recommended for "Tenzing Norgay National Adventure Award" in field of land Adventures.

(Vishwas Gaur)
Wing Commander
Commanding Officer
No. 37 Sqn AF

Date Oct 03

FELICITATION BY INDIAN AIR FORCE FOR CLIMBING MOUNT HANUMAN TIBBA-2008

BLACK PANTHERS

APPRECIATION BY COMMANDING OFFICER

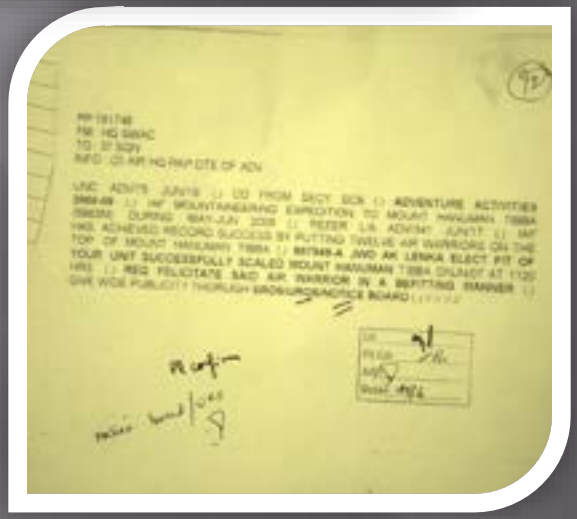
687549-A JWO Ashok Kumar Lenka Elect Fit *has successfully scaled Mount Hanuman Tibba (5983m) at 1120 hrs on 07 Jun 08 with IAF Mountaineering Expedition. He has shown selfless dedication and high degree of professionalism while serving in 37 Squadron, Air Force. His devotion to duty has been well appreciated by me.*

Place: 37 Squadron Air Force

Date: Jb Jun 2008

(Anil Kumar)
Wing Commander
Commanding Officer
37 Squadron Air Force





OO-171600
FM-AIR HQ RKP D ADV
TO-WAC(SECY CSCB)--CAC(SECY CSCB)--SWAC (SECY CSCB)--AC(SECY CSCB)--MC(SECY CSCB)--TC(SEVY CSCB) INFO-PTS--NTS(C/O 404 AFS)--45 WG--34 WG--3 WG--256 SU-- 37 SQN--1 BRD--14 WG--511 SU--408 AFS

UNC ADV/341 JUN/17 PD ADVENTURE ACTIVITIES 2008 PD IAF MOUNTAINEERING EXPEDITION TO MOUNT HANUMAN TIBBA (5983 M) DURING MAY-JUN 2008 PD ORIG ADV/265 CMAADV/266 AND ADV/267 MAY/08 REFERS PD IAF HAS ACHIEVED RECORD SUCCESS BY PUTTING TWELVE AIR WARRIORS ON THE TOP OF MOUNT HANUMAN TIBBA PD FOLLOWING AIR WARRIORS SUCCESSFULLY SCALED MOUNT HANUMAN TIBBA (5983M) ON JUN/07 AT 1120 H PD SQN LDR N RAWAT (24632-G) ADM/ATC OF ORIG PD SQN LDR R SAGAR (26746-T) F(N) OF SEVENTH ADDEE PD SQN LDR GP KUMAR (26124-K) OF EIGHTH ADDEE PD FLT LT JK NISHANT (28767-F) ADM/ATC OF NINTH ADDEE PD 647334-B WO MIZAMUDDIN CLK GD OF TENTH ADDEE PD 717458-K JWO N KUMAR INST FIT OF ELEVENTH ADDEE PD 727844-K JWO NR CHOUDHARY VM CLK GDOF TWELFTH ADDEE PD **687549-A JWO AK LENKA ELECT FIT OF THIRTEENTH ADDEE** PD 724191-L CPL VIJAY YADAV MTD OF FOURTEENTH ADDEE PD 786556-B CPL ASHWANI KUMAR AFSO OF FIFTEENTH ADDEE PD 900808-S CPL KR VINOTH IAF(P) OF SIXTEENTH ADDEE AND 798321-B LAC DK VAYAS PHOTO FIT OF LAST ADDEE PD AIR WARRIORS TO BE FELICITATED APPROPRIATELY IN BEFITTING MANNER PD COMMANDS AND UNITS TO GIVE WIDE PUBLICITY THROUGH SRO/URO/NOTICE BOARD PDI/-.

CO
Flt Cdr
Adjt

APPRECIATION FOR MY WORK DURING CORONA PANDEMIC-2020







CERTIFICATE
of commitment

This Certificate is awarded to

Hawrana Academy

www.injntu.com/pledge

Delgon Technologies

CERTIFICATE
of commitment

This Certificate is awarded to

Ashok Kumar Lenka

CORONA WARRIORS

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कौशल युवा - कुशल भारत

युवा सोच भारत संस्थान
कौशल युवा कुशल भारत

www.yuvasochbharat.org

CORONA WARRIOR HONOUR

CERTIFICATE

Appreciation

Is Awarded To



Mr. Ashok Kumar Lenka Social Worker

In Appreciation Of Outstanding Dedication And Service To The Nation
And Fight Against Novel Corona (Covid-19) In Lockdown Period
We Wish Him/her For A Healthy, Wealthy & Successful Life

अन्न दान

We Care Rohit Kumar

YSOB FILM FESTIVAL

पुलिस की पाठशाला

नारी साहसी

Rohit Kumar

DT ROHIT KUMAR
FOUNDER

CERTIFICATE

This Cer

For demonstrating his/her commitm

He/She made a pledge to include

Coronavirus Disease as specified by World Health Organization (WHO)

Stay Home Stay Safe

World Health Organization

COVID 19 Coronavirus

Take Your Certificate → 2ed.in

OMMITMENT

ded to

promote safety against COVID19.

ides best pratices on prevention of

by World Health Organization (WHO)

Stay Home Stay Safe

World Health Organization

COVID 19 Coronavirus

Take Your Certificate → 2ed.in

NATIONAL TAEKWONDO MEDAL FOR ASHOK K LENKA

SELECTED TO APPEAR IN INDIA TAEKWONDO TEAM TRIAL FOR WT ASIA POOMSAE CHAMPIONSHIP-2020 U60 MALE AGE CAT



SELECTION FOR

Online 2020 World Taekwondo Poomsae Championships (G2) & Online 2020 World Taekwondo Asia Poomsae Championships.

Qualified athlete need to send fulfilled form along with document and video link to IT Office before 25th November 11.59 pm by email (indiataekwondo2020@gmail.com)

Name of Athlete	ASHOK KUMAR LENKA
Age Group	UNDER 60
Address	852, ASHIRWADA APPTS, PERIYARR NAGAR, MUTHAPUDUPET, IAF AVADI, CHENNAI, PIN-600055
State	TAMILNADU
Email	ashoklenka@gmail.com
Contact no	9790752227/ 9677289735
Global Athlete License (GAL) Details	IND-3513
Kukkiwon Poomsae Certificate No. / DAN certificate details No.	05080672
Eligibility Details	a. Are you member of Indian Poomsae Team (SAF Games 2019) – YES/NO b. Are you finalist of 2020 ONTPC – YES/NO ✔
Video Link (As per guidelines of IT)	1. Poomsae-1- https://www.youtube.com/watch?v=AS1f60Lw7Ic 2. Poomsae-2- https://www.youtube.com/watch?v=3DjXpyxGAcE

Important Instructions

1. Athlete need to submit Copy of following documents
   a. Copy of Adhaar Card/Passport
   b. Clear Passport size Photo of athlete
   c. Global Athlete Licence (GAL) card (Valid till 31st December 2020)
   d. Copy of Kukkiwon Poomsae Certificate / DAN certificate.
   e. Supporting Document for eligibility (e.g. Participation Certificate of SAG-2019)
   f. Details once submitted cannot be changed.
   g. Failing to submit/submitting the false details before registration will not be consider for the Selection Trial
   h. For any query please contact us by email :- indiataekwondo2020@gmail.com

Declaration

1. The furnished information is correct.
2. I have read the entire instruction and I am agree with same.
3. I understand that submitting false information will be lead to disqualification.
4. I will follow all rules and regulation of India Taekwondo

Name :- Ashok Kumar Lenka Place :- IAF Avadi, Chennai

Sign :- Date :- 25 Oct 2020



NATIONAL MEDALIST
ONLINE NATIONAL POOMSAE TAEKWONDO CHAMPIONSHIP-2020













NATIONAL POOMSAE OPEN BY ALL INDIA UNIVERSITY TAEKWONDO COUNSIL



Certificate
Of Achievements

INDIA,S BIGGEST ONLINE

Open National Poomsae Championship

Org.by:- All India University Taekwondo Council®
Regd.Office:- B4/90, 1st Floor,Paschim Vihar, New Delhi

Serial No:- ONPC/20/IP/M59/199

Name	:- **ASHOK KUMAR LENKA**
State	:- **TAMILNADU**
Category	:- Individual Poomsae under 59yr Male
Medal	:- **GOLD**

This is to certify that above name person has participated in the championship from 1st to 3rd May 2020 at New Delhi.

HARSH PRIYA SINGH(Adv.)
General Secretary
Delhi Taekwondo Association®
Black Belt 6th Dan

DAYANAND
Joint Secretary
Delhi Taekwondo Association®
Black Belt 5th Dan

PRAMEET TANWAR
General Secretary
AIUTC®
Black Belt 4th Dan

NATIONAL GOLD MEDAL FOR U60 AGE CAT POOMSAE & SPEEDKICKING AT INFINO TAEKWONDO WORLD-2020







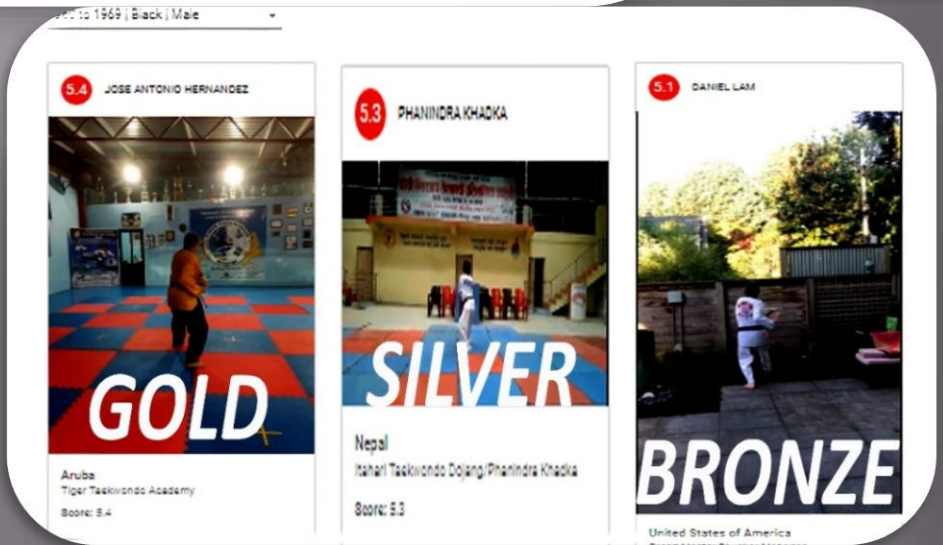
INTERNATIONAL TAEKWONDO MEDAL

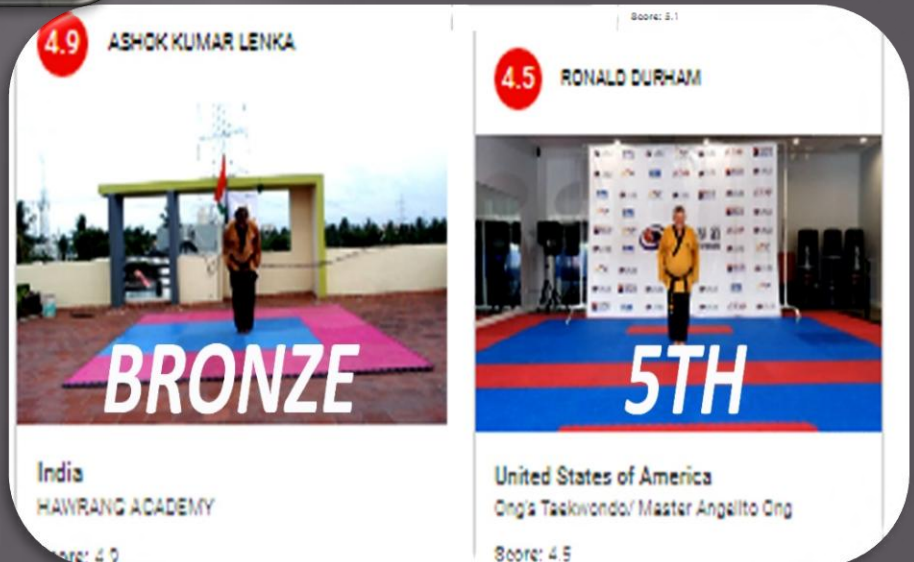
IOFTC USA INTERNATIONAL MEDAL IN POOMSAE U60 AGE CAT-2020



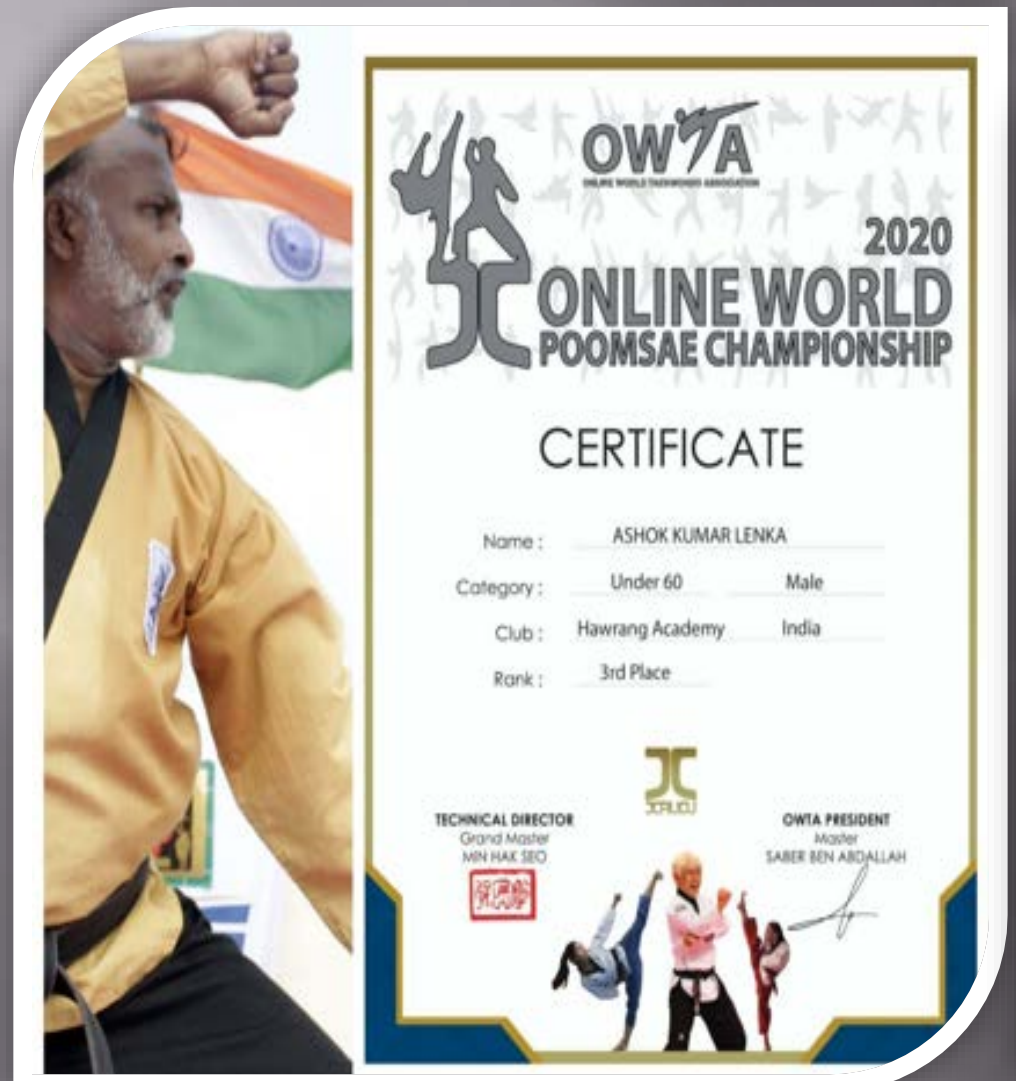








ONLINE WORLD POOMSAE CHAMPIONSHIP 2020
MEDAL IN POOMSAE U60 AGE CAT





INTERNATIONAL PARTCIPATION IN POOMSAE U60 AGE CAT-2020



1st Online Daedo Open European Poomsae Championships

Recognized Poomsae - Individual (127)

Division

Male Under 60 (4)

Name	Country
ASHOK KUMAR LENKA (IND-3513)	India
Hans Brian Aakmann Christensen (DEN-2773)	Denmark
Senol CUDIN (TUR-7533)	Turkey
	Unit







INTERNATIONAL MEDALIST













5TH HERO CUP INTERNATIONAL TAEWONDO CHAMPIONSHIPS, BANGOK, COACH & KYORUGI ATHLETE





5TH HERO CUP INTERNATIONAL TAEWONDO CHAMPIONSHIPS, BANGOK, COACH & POOMSAE ATHLETE





5TH HEROCUP BANGKOK, INTERNATIONAL TAEKWONDO CHAMPIONSHIP COACH-2019













5TH HEROCUP BANGKOK, INTERNATIONAL TAEKWONDO CHAMPIONSHIP COACH-2019













Certificate no:- PMCUP/2021/08/153

CERTIFICATE

OF ACHIEVEMENT

This certificate is proudly presented to

DR. ASHOK KUMAR LENKA

INDIA

SILVER MEDAL

SPEED KICKING-BLACK BELT-MALE-MASTER

For your successfully participation in the

2ND PM CUP ONLINE OPEN INTERNATIONAL POOMSAE & SPEED KICKING CHAMPIONSHIP

11th to 14th August, 2021, INDIA

HAWRANG ACADEMY



MANISH KUMAR
Org. President

PRAMEET TANWAR
Org. Secretary

Org.by Champions Academy of Taekwondo
Achievers Taekwondo Academy
Supported by All India University Taekwondo Council®

INTERNATIONAL QUALIFICATIONS IN TAEKWONDO FOR SELF & ACADEMY

PUBLISHED IN VOICE OF EXCERVICEMEN "MITRAN"

A VETERAN'S NARRATIVE- JWO ASHOK KUMAR LENKA



I am 687549 JWO Ashok Kumar Lenka Elect Fit. 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 oaches 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. INETRNATIONAL 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 1998to 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.

77TH WORLD FOREIGN MASTER INSTRUCTOR COURSE AT MOJU, KUKKIWON, S KOREA



77TH WORLD FOREIGN MASTER INSTRUCTOR COURSE AT KUKKIWON





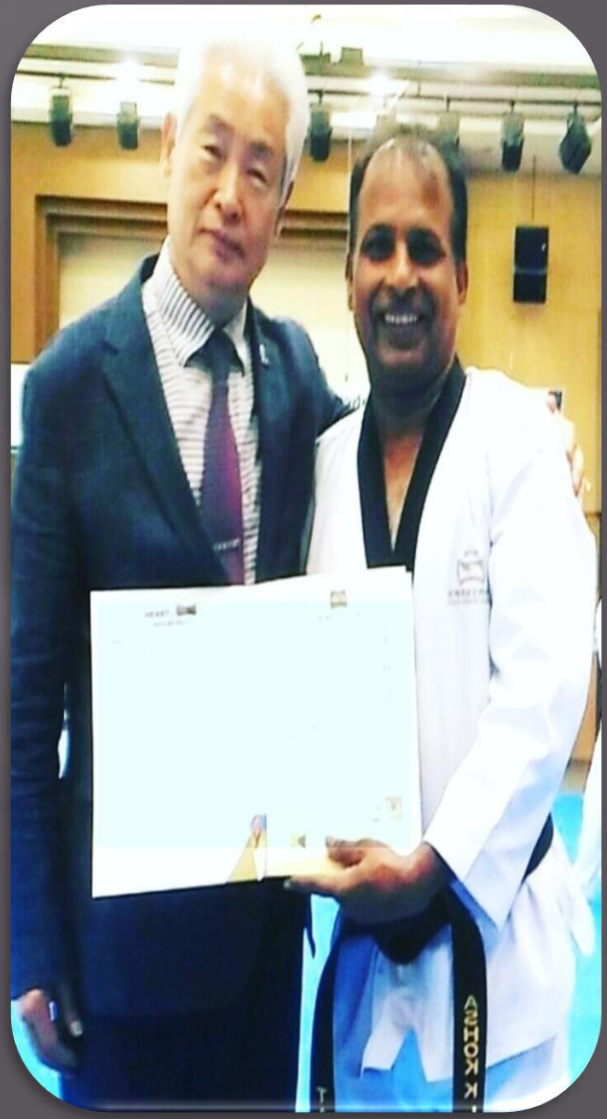




77TH WORLD FOREIGN MASTER INSTRUCTOR COURSE AT KUKKIWON: KMS MASTER







HAWRANG ACADEMY & MASTER DR ASHOK K LENKA GETS PRESTIGOUS KMS SOUTH KOREA M EMBERSHIP. MEANS ACADEMY & MASTER LENKA GETS SPECIAL STATUS, CAN RECOMMEND FOR BLACK BELT CERTIFICATION TO KUKKIWON.



INTERNATIONAL (ASIAN TAEWONDO UNION) COACH BY GRAND MASTER PROF KYOSEOK LEE, PRESIDENT ATU





INTERNATIONAL (ASIAN TAEWONDO UNION) COACH LICENSE COURSE AT HYDERABAD BY GRAND MASTER PROF KYOSEOK LEE, PRESIDENT ATU GENERAL SECRETARY TFI MR PRABHA KU SHARMA



ASIAN TAEWONDO UNION OFFICE BEARERS







ASIAN TAEWONDO UNION COACH LICENSE COURSE WITH TFI VICE PRESIDENT & SOME SIGNIFANCANT COACHES



PHILLIPINES INTERNATIONAL SPEED KICKING CHAMPIONSHIP

HEAD OF TEAM INDIA -2020



MILO HOME COURT

PTA
Philippine Taekwondo Association

CERTIFICATE OF RECOGNITION

NAME : MASTER ASHOK KUMAR LENKA (HEAD OF TEAM)

COUNTRY : INDIA (HAWRANG ACADEMY)

EVENT : 2020 SMART/MVP SPORTS FOUNDATION ONLINE GLOBAL TAEKWONDO SPEED KICKING CHAMPIONSHIPS

DATE : October 23-25, 2020

was earned by the official for successfully implementing the Philippine Taekwondo Association's Online Programs

ROBERT N. AVENTAJADO
PRESIDENT
Philippine Taekwondo Association

MILO SPORTS CLINICS ONLINE

INTERNATIONAL/ NATIONAL COURSE

NATIONAL MASTER INSTRUCTOR COURSE BY TAEKWONDO INDIA

- BY MASTER PAUL GREEN AND GARETH ROWN, OLYMPIC MEDALIST AND NO 1 OLYMPIC COACH, SELECTED TO UNDERGO THE COURSE AMONG 150 BEST COACHES OF INDIA



राजस्थान पत्रिका

रांची में हुआ था कार्यक्रम

तमिलनाडु के प्रशिक्षकों को मिला नेशनल मास्टर इंस्ट्रक्टर

झारखंड के रांची स्थित ठाकुर विश्वनाथ इनडोर स्टेडियम में ताइक्वांडो फेडरेशन ऑफ इंडिया द्वारा आयोजित प्रशिक्षण शिविर में नेशनल मास्टर इंस्ट्रक्टर से सम्मानित तमिलनाडु के कोच।

पत्रिका न्यूज नेटवर्क
rajasthanpatrika.com

चेन्नई. झारखंड के रांची स्थित ठाकुर विश्वनाथ इनडोर स्टेडियम में इंग्लैंड के ओलंपिक कोच फॉल एंथेनी ग्रीन और ग्रेग ब्राउन के नेतृत्व में 5 से 7 अप्रैल तक ताइक्वांडो फेडरेशन ऑफ इंडिया द्वारा प्रशिक्षण शिविर का आयोजन किया गया। इस शिविर में विभिन्न राज्यों के 120 कोचों ने हिस्सा लिया। इन कोचों को प्रशिक्षण के बाद नेशनल मास्टर इंस्ट्रक्टर से सम्मानित किया गया।

इस शिविर के आयोजन का मुख्य उद्देश्य राष्ट्रीय व अंतरराष्ट्रीय स्तर की प्रतियोगिताओं के लिए भारतीय प्रतिभाओं को तैयार करना है।

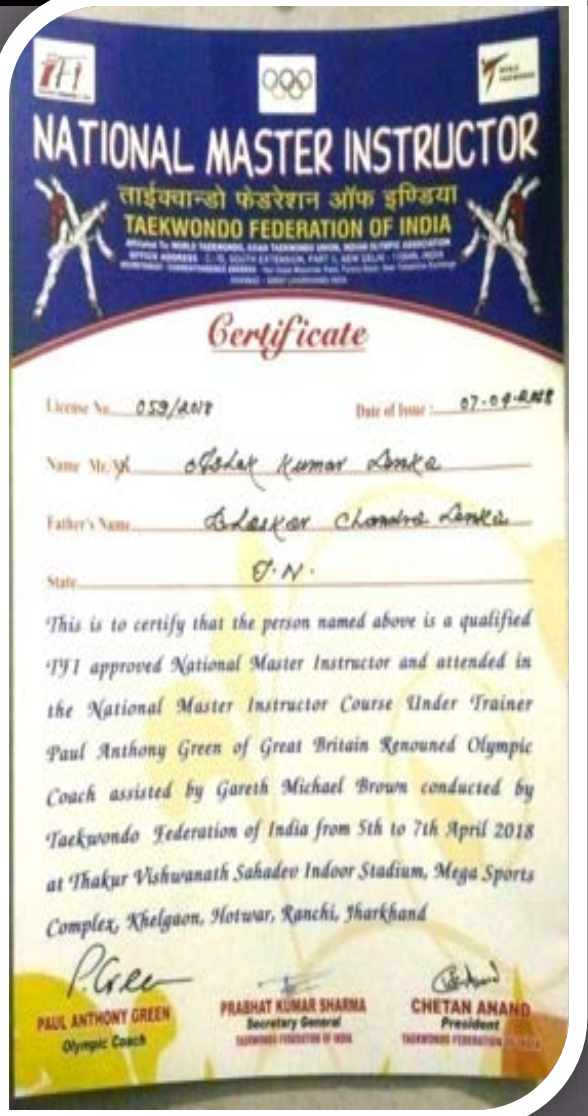
शिविर में तमिलनाडु से खत कोच तिरुवल्लूर की हवांग अकादमी, आईएएफ, आवड़ी के अशोक कुमार लेंका, मास्टर संतोष भास्कर, मास्टर रामलिंग भारती, मास्टर जर्मा, मास्टर प्रेमनाथ, मास्टर पुवैअरसी और मास्टर लिवा ने हिस्सा लिया। इस कार्यक्रम में तमिलनाडु ताइक्वांडो एसोसिएशन के अध्यक्ष डा. श्रीधर और टीएफआई के महा सचिव प्रभात जर्मा का विशेष सहयोग रहा।



WITH PAUL GREEN & GARETH



FELICITAION BY PRESIDENT TNTA



NATIONAL MASTER INSTRUCTOR

ताईक्वान्डो फेडरेशन ऑफ इण्डिया

TAEKWONDO FEDERATION OF INDIA

Certificate

License No. 059/2018 Date of Issue : 07-04-2018

Name Mr./Ms. Ashok Kumar Lenka

Father's Name Balakar Chandra Lenka

State O.N.

This is to certify that the person named above is a qualified WTF approved National Master Instructor and attended in the National Master Instructor Course Under Trainer Paul Anthony Green of Great Britain Renowned Olympic Coach assisted by Gareth Michael Brown conducted by Taekwondo Federation of India from 5th to 7th April 2018 at Thakur Vishwanath Sahadev Indoor Stadium, Mega Sports Complex, Khelgaon, Hotwar, Ranchi, Jharkhand

PAUL ANTHONY GREEN
Olympic Coach

PRABHAT KUMAR SHARMA
Secretary General

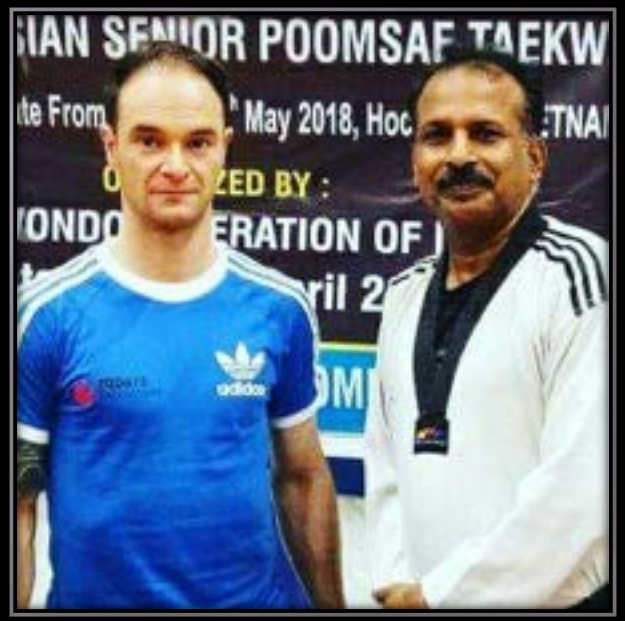
CHETAN ANAND
President

NATIONAL MASTER INSTRUCTOR COURSE

BY TAEKWONDO INDIA

- BY MASTER PAUL GREEN AND GARETH ROWN, OLYMPIC MEDALIST AND NO 1 OLYMPIC COACH. SELECTED TO UNDERGO THE COURSE AMONG 150 BEST COACHES OF INDIA













FIT INDIA

YOGA CERTIFICATION BOARD
Ministry of AYUSH, Government of India
&
FIT INDIA MOVEMENT
Ministry of Youth Affairs & Sports, Government of India

Certificate



ASHOK KUMAR LENKA

is hereby certified as

Yoga Volunteer

by

Yoga Certification Board & Fit India Movement
Government of India

Certification for Attending 36 hrs. Online Yoga Training on
CYP Yoga Volunteer Training Programme of Yoga Certification Board

Certificate No. : YCB & FIT7555
Valid Upto : 03/06/2026

(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga Professionals.)

Ms. Ekta Vishnoi
Mission Director
Fit India Mission,
Sports Authority of India
Ministry of Youth Affairs and Sports
Government of India

Issues Date- 07/06/2021

Dr. Ishwar V. Basavaraddi
Head of Institution
Yoga Certification Board
Ministry of AYUSH, Government of India
WCD, 1 Red Cross Road,
New Delhi-110001



खेल पथ

योग शारीरिक ही नहीं आंतरिक आत्मा का सम्वत है: डॉ. अशोक लेंका

जाने-माने हॉकी खिलाड़ी संदीप सिंह ने भी इसमें योग पर प्रकाश.

फीचर्स अनुसार

नई दिल्ली सोमवार को वेटरंस इंडिया स्पोर्ट्स विंग के बैनर तले मनाये जाने अंतर्राष्ट्रीय योग दिवस समारोह रहा। राष्ट्रीय मार्गदर्शक, योग गुरु अजित कुमार आद्य अध्यक्षता के मार्गदर्शन में कार्यक्रम की शुरुआत की ओर लोग गए। इसी भारतीय योग संघ और वैदिक योग संगठन ने भी अपना सहयोगीय योगदान दिया। वेटरंस इंडिया अंतर्राष्ट्रीय दिन के लिए जुड़ी खास हो जाने-माने हॉकी खिलाड़ी दिलीप सिंह का संदेश का संचालन करना।

सहायी अंतर्राष्ट्रीय योग दिवस कार्यक्रम की शुरुआत ई-नमस्ते, गणेश वंदना के बाद वेटरंस इंडिया के संस्थापक और राष्ट्रीय अध्यक्ष विजय कुमार सिंघा के अभाषण भाषण के साथ हुई। इसके बाद आयोजक अध्यक्ष, संस्थापक अध्यक्ष और सचिव एशियाई योग संगठन द्वारा उद्बोधन भाषण दिया गया। इस अवसर पर उन्होंने कहा कि आज के समय और तनावपूर्ण जीवन में कुछ मिनट की योग क्रिया न केवल सकारात्मक ऊर्जा देता सकती है बल्कि हमें अवश्य भी रख सकती है। भी आयोजन ने कहा कि योग आसान का ऐसा प्रभावशाली प्रकार है, जिसके माध्यम से न केवल शरीर के अंगों बल्कि मन, मस्तिष्क और आत्मा में संतुलन बनाया जा सकता है। यही कारण है कि योग सार्वदेशिक जातियों के अलावा पारंपरिक समस्याओं से भी निजात दिलाने में समर्थ है।

वेटरंस इंडिया के संस्थापक और राष्ट्रीय अध्यक्ष विजय कुमार सिंघा ने कहा कि योग क्रिया से तन मांसपेशी के सभी विकारों पर काबू पा सकते हैं। भारत समस्त दुनिया का योग गुरु है। सभी यहां पास सहज, सरल उपायों से योग के महत्व को स्वीकारोक्ति मिली हुई है। भी सिंघा ने कहा कि योग भारत की प्राचीन परम्परा का एक अमूल्य उपहार है। तन मन और शरीर की एकता का प्रतीक है। उन्होंने कहा कि मनुष्य के पास रोगों से बचने का एकमात्र विकल्प योग है। यदि हम अपने व्यस्त जीवन में से एक घण्टा भी प्रतिदिन योगासन व प्राणायाम को दें तो हमारा पूरा दिन आनन्दमय होगा और हम आजीवन बीमारियों से बचे रह सकते हैं।

वेटरंस इंडिया के पदाधिकारी डॉ. अशोक लेंका ने कहा कि योग शारीरिक ही नहीं आंतरिक आत्मा का सम्वत है। भावनात्मक और शरीर में योग का विशेष महत्व है। योग शरीर और मस्तिष्क के बीच समन्वय बनाने में भी सहज करता है। योग के नियमित अभ्यास से मन शांतिमय और मानसिक रूप से पूर्ण सहज से व्यवस्थ रह सकते हैं। डॉ. लेंका ने आह्वान किया कि सब लोगों को अपनी जीवन शैली में योग को शामिल करना चाहिए। डॉ. लेंका ने सबसे में योग करने और आसन करने के अपने अनुभवों के बारे में बताया। उन्होंने विश्वास की जिन्दाई वाले क्षेत्रों में योग के कुछ मुद्दा अभ्यासों जैसे सुखासन (आसानी स्थिरता) और सुप्तासन (सबसे सरल तक आसान करने) पर अधिकतम के साथ पर जाने की प्रक्रिया विधि भी। ने कहा योग के अभ्यासों के बारे में जानकारी दी। उन्होंने सदीय के सहज आयोजित अंगों के सहज समायोजन के बारे में भी जानकारी दी।

सीनियर दिलीप सिंघी ने कहा कि योग इंसान की सोच, काम करने का तरीका, सोचने तथा समझने विचारता है। योग नियमित करने वाले में मानसिक बल सकारात्मक जीवन शैली को अपनाकर अच्छी तरह से काम करने में सहज करता है। यदि हमें अपने व्यस्त जीवन में सहज और नियमित समय है तो योग को अपनी दिनचर्या में सहज शामिल करना होगा। इस अवसर पर सीनियर मार्गदर्शक सह-संयोजक और लक्ष्मीनारायण का उपस्थित मिला। ऐसा सहयोग द्वारा योग गुरुजन के साथ किया गया। योगगुरु मनोरमा द्वारा योग उपस्थित किया गया। योग पर हुए आयोजन, अध्यक्ष योग फेडरेशन ऑफ इंडिया, डॉ. प्रेम चंद कटारा, सचिव उपाध्यक्ष विनय, संजय झा, सचिव कार्यपालिकाई द्वारा दे, सचिव ऑडिया गर्विता, भोलानाथ सिंह, राष्ट्रीय सचिव द्वारा योग शक्ति और आयोजक पदाधिकारी का आने-आपने उद्गार व्यक्त किए। शुरू तथा आभार, विद्यालय वैदिक योग संगठन ने भी वैदिक क्रियाओं की जानकारी दी गई। इसके बाद संगठन की राष्ट्रीय संयुक्त सचिव नंदा सुहास ने धन्यवाद ज्ञापन दिया। आयोजनों ने माना की कोरोना महामारी के दौरान योग सामान्य के उद्धारकर्ता के रूप में सामने आया है। और ने राष्ट्रीय सचिव कार्यसंयुक्त सुधारी आचार्य ने महामारी के बावजूद अंतर्राष्ट्रीय दिवस समारोह को उचित तरीके से आयोजित करने के लिए वेटरंस इंडिया स्पोर्ट्स विंग, भारतीय योग संघ और वैदिक योग संगठन को बधाई दी। समापन "जन गण मन" के साथ समारोह का समापन हुआ।

FIT INDIA

YOGA CERTIFICATION BOARD
Ministry of AYUSH, Government of India
&
FIT INDIA MOVEMENT
Ministry of Youth Affairs & Sports, Government of India

Certificate

ASHOK KUMAR LENKA

has attended

Yoga Appreciation Programme

(3 Hrs. duration through Online mode)

conducted by

Yoga Certification Board & Fit India Movement
Government of India

Certificate No. : YCB & FIT8555
Date of Issue : 07/06/2021

Ms. Ekta Vishnoi
Mission Director
Fit India Mission,
Sports Authority of India
Ministry of Youth Affairs and Sports
Government of India

Dr. Ishwar V. Basavaraddi
Head of Institution
Yoga Certification Board
Ministry of AYUSH, Government of India
WCD, 1 Red Cross Road,
New Delhi-110001

YOGA CERTIFICATION BOARD
Ministry of AYUSH, Government of India

CERTIFICATE OF APPRECIATION

This Appreciation certificate has been awarded to

HAWRANG ACADEMY

for conducting online yoga classes on
Common Yoga Protocol and actively participated in

7th International Day of Yoga

with the campaign #Be with Yoga Be at Home
on 21st June, 2021

Enrollment No : YCBIDY-INS836

C.Y.P
Enrollment & Certification below than 100 Yoga Teacher

Issuing date: 03/06/2021

Dr. Ishwar V. Basavaraddi
Head of Institution
Yoga Certification Board,
Ministry of AYUSH,
Govt. of India,
IRCS, 1, Red Cross Road,
New Delhi - 110001
www.yogacertificationboard.nic.in

YOGA CERTIFICATION BOARD
Ministry of AYUSH, Government of India

CERTIFICATE OF APPRECIATION

Platinum Teacher Appreciation

This Appreciation certificate has been awarded to

ASHOK KUMAR LENKA

of

HAWRANG ACADEMY

for conducting online yoga classes on
Common Yoga Protocol and actively participated in

7th International Day of Yoga

with the campaign #Be with Yoga Be at Home
on 21st June, 2021

Enrollment No : YCBIDY-T1619

C.Y.P
Enrolled & Certification of 1000 and above participants

Issuing date: 03/06/2021

Dr. Ishwar V. Basavaraddi
Head of Institution
Yoga Certification Board,
Ministry of AYUSH,
Govt. of India,
IRCS, 1, Red Cross Road,
New Delhi - 110001
www.yogacertificationboard.nic.in









Certificate of Participation

Dr ASHOK KUMAR LENKA
India

This is to certify that the above named person has completed the following program conducted by World Taekwondo.

2021 WT Online PTP Course - 10th

17th August 2021 (Fri) GMT+9 19:00-24:00

Chungwon Choue
President

KSPO









2ND INDIA OPEN G1 INTERNATIONAL CHAMPIONSHIP COACH-2019











தினமலர்

சர்வதேச டேக்வான்டோ: பள்ளி மாணவருக்கு வெண்கலம்

சென்னை, ஜூன் 18-

சர்வதேச டேக்வான்டோ போட்டியில், பள்ளி மாணவர், வெண்கலப் பதக்கம் வென்றார்.

இந்திய டேக்வான்டோ கூட்டமைப்பின் சார்பில், சர்வதேச அளவிலான, டேக்வான்டோ சாம்பியன்ஷிப் போட்டி, ஐதராபாத், ஜி.எம்.சி., பாலயோகி அரங்கில், சமீபத்தில் நடந்தது. இந்தியா உள்ளிட்ட, 25 நாடுகளை சேர்ந்த, 2,000க்கும் மேற்பட்ட வீரர் – வீராங்கனையர், திறமையை வெளிப்படுத்தினர்.

இதில், மாத்தூர் பகுதி, எவர்வின் வித்யாஷ்ரம் பள்ளியைச் சேர்ந்த, 8ம் வகுப்பு மாணவர், ஹரி பிரசாத், 'கேடட்' 33 வயது பிரிவில் பங்கேற்றார். அவர், இப்போட்டியில் மூன்றாம் இடம் பெற்று, வெண்கலப் பதக்கம் வென்றார்.

வெற்றி பெற்றோருக்கு பரிசுகளும், சான்றிதழ்களும் வழங்கப்பட்டன.



इंटरनेशनल ताइक्वांडो चैंपियनशिप में सक्षम में जीता सिल्वर मेडल

हैदराबाद में हुई थी चैंपियनशिप, 20 देशों के खिलाड़ियों ने लिया हिस्सा

अमर उजाला ब्यूरो



सिल्वर पदक जीतने के बाद अपने कोच के साथ सक्षम। - अमर उजाला

जीरकपुर। बलराना की सक्षम यादव ने सेकेंड इंडिया ओपन इंटरनेशनल ताइक्वांडो चैंपियनशिप में सिल्वर मेडल जीता है। यह चैंपियनशिप हैदराबाद के गच्ची बाउली इंडोर स्टेडियम में 11 से 16 जून तक आयोजित हुई थी, जिसमें 20 देशों के खिलाड़ियों ने हिस्सा लिया।

सक्षम ने कैडेट अंडर-14 आयुवर्ग के अंडर-37 केजी वेट कैटेगरी में जीत हासिल की है। एक साल के खेल करियर में सक्षम ने यह उपलब्धि हासिल की है। अब समथ को 7 से 10 अगस्त तक ताशकंद उजबेकिस्तान में होने वाली वर्ल्ड चैंपियनशिप के लिए इंडिया टीम में ट्रायल के लिए बुलाया जाएगा। सक्षम केंद्रीय विद्यालय में सातवीं कक्षा की छात्रा है। पहले एक साल के खेल करियर में सक्षम ... राज्य स्तरीय सब जूनियर ... जीत चुकी हैं।

वहीं, एक राष्ट्र स्तरीय खेल में कांस्य पदक हासिल कर चुकी है। वह पंचकूला के ताऊ देवी लाल स्टेडियम में ताइक्वांडो कोच हरजिंदर सिंह के पास ... हरजिंदर ने बताया कि वह कम समय में काफी अच्छा प्रदर्शन कर रही हैं। कोच ने बताया कि सक्षम के पिता एयरफोर्स में ... और उसकी मां हाउस वाइफ हैं, ... उसका छोटा भाई तेजस यादव भी ... अच्छा प्रदर्शन कर रहा है।

விளையாட்டு செய்திகள்

டேக்வான்டோ போட்டி 16 பேர் பங்கேற்பு

சென்னை, ஜூன் 10-

சர்வதேச அளவிலான டேக்வான்டோ சாம்பியன்ஷிப் போட்டியில், சென்னையைச் சேர்ந்த, 16 வீரர் – வீராங்கனையர் பங்கேற்கின்றனர்.

இந்திய டேக்வான்டோ கூட்டமைப்பின் சார்பில், சர்வதேச அளவிலான, டேக்வான்டோ சாம்பியன்ஷிப் போட்டி, ஐதராபாத், ஜி.எம்.சி., பாலயோகி அரங்கில், நாளை துவங்குகிறது.

இதில், 25 மாநிலங்களைச் சேர்ந்த, 2,000க்கும் மேற்பட்ட, வீரர் – வீராங்கனையர், திறமையை வெளிப்படுத்த உள்ளனர். பல்வேறு பிரிவுகளில், போட்டிகள் நடக்க உள்ளன. இந்தியா சார்பில், பங்கேற்க உள்ளோர் பட்டியலில், சென்னை, ஹவுரங் அகாடமியைச் சேர்ந்த, 12 வீரர்களும், 4 வீராங்கனையரும் என, மொத்தம், 16 பேர் இடம் பெற்று உள்ளனர்.

ஆறு நாட்கள் நடக்கும் போட்டியானது, 16ம் தேதி நிறைவு பெறுகிறது. இதில், வெற்றி பெறுவோருக்கு, பதக்கங்கள் மற்றும் சான்றிதழ்கள் வழங்கப்பட உள்ளன.



















India

ARVIND BRAMHANAND NISHAD (IND-2280)



India

ASHOK KUMAR LENKA (IND-3513)



































JUNIOR NATIONAL COACH (TAMILNADU)

FOR JUNIOR NATIONALS AT SHIMOGA 2018-19, TAMILNADU BOYS BAGGED RUNNERS UP TROPHY AT NATIONALS










38TH NATIONAL JUNIOR KYO
11TH NATIONAL JUNIOR POOM
TAEKWONDO


Telangana
Tamil Nadu


Tamil Nadu


38TH NATIONAL JUNIOR KYORUGI
11TH NATIONAL JUNIOR POOMSAE


JUNIOR NATIONALS
AT SHIMOGA KARNATAKA

34TH SUB-JUNIOR NATIONAL COACH (TAMILNADU)

34TH SUB-JUNIOR NATIONALS AT PUNE 2018-19













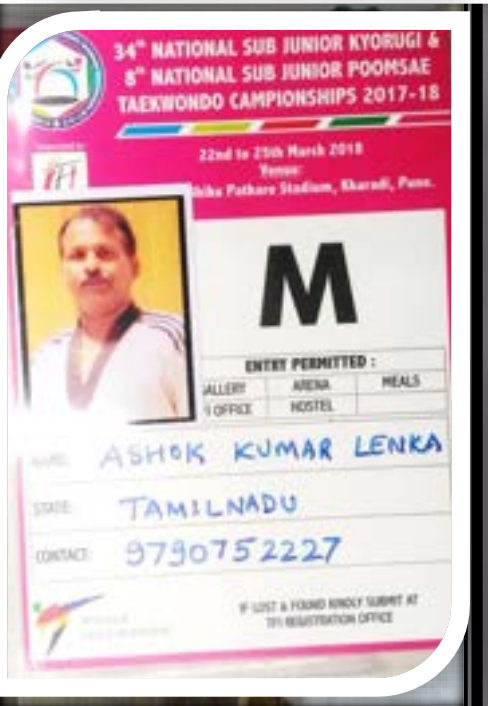
34TH SUB-JUNIOR NATIONAL COACH (TAMILNADU)

34TH SUB-JUNIOR NATIONALS AT PUNE 2018-19

















35TH SUB-JUNIOR NATIONAL COACH (TAMILNADU)

35TH SUB-JUNIOR NATIONALS AT HYDERABAD 2018-19 AND HAWRANG ACADEMY MANAGER Mr KIRUBAKARAN AS NATIONAL COACH FOR TAMILNADU



















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INDIAN AIR FORCE APPRECIATION CERTIFICATES

THE BLACK PANTHERS

कमान अफसर द्वारा प्रशंसा

687549-A SGT LENKA AK ELECT/FIT

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

दिनांक 18 MAY 2002

(एन.जे.एस ढिल्लों)
विंग कमान्डर
कमान अधिकारी
37 स्क्वाड्रन, वायुसेना

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 incharge 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 98/2000/XP).

Apart from carrying out his normal duty he had been running (during nonworking hours) the Station Martial Arts (Taekwondo & Kenbudo)/ Adventure Club under Air Force Wives Welfare Association (AFWWA) at various Air Bases, namely, Air Force Station Adampur (1992-1995), Air Force Station Awantipur (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 Bhuj (2003-2006).

Adventure mixed with an ounce 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.

UNIT

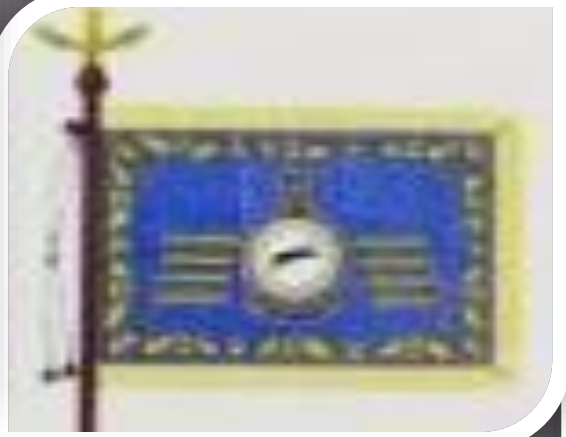
Date: 20 Jun 06

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

PRESIDENT STANDARD PRSENTATION BY 37 & 48 SQN, 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 deligently 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

AIR FORCE ASSOCIATION

Avadi Chapter

(Rgn.No.: S/11186, Dt 15th Sep 80)

280/6, II LANE, VI STREET, DEFENCE ENCLAVE, IAF AVADI, TIRUVALLUR DIST- 600055
E.Mail : paartha65@yahoo.com

Wg Cdr K Parthasarathi,VSM(Retd). HFL R Vinayagam (Retd). Sgt K Saleem Mohideen (Retd

President
Mob: 9884678300

Secretary
Mob: 9962704435

Joint Secretary
Mob: 984002857

Smt . J. Sarada
The President,
AFWWA , IAF Avadi
Chennai 600055.

AFWWA HAWRANG TAEKWONDO ACADEMY

Dear Madam,

Please accept my greetings and good wishes on the occasion of MAKARA SANKRANTHI I am writing this letter on a representation from Veteran JWO AK Lenka.

I Understand Veteran JWO AK Lenka submitted an application expressing his apprehensions in view of a rival academy emerging in the Air Force Area. He approached Air Force Association (Avadi chapter) to present his services thro' AFWWA HAWARANG ACADEMY the children of Air Warriors and Veterans of IAF Avadi.

1. He has been giving training in TAEKWONDO, AEROBICS and YOGA to the Children (Both Boys and Girls) here since 2010 after his retirement after 23 years of service
2. He has at present 70 children under training
3. I have attended his annual camps when Grand Masters were present and awarded Medals and certificates. He would have secured nearly 1000 medals for the children IAF Avadi. in the last 10 years.
4. I have published in Veterans Mitran the photographs of children who won Medals at State and National competitions
5. The Children displayed their skills in Martial arts on the stage when veterans conducted variety programmes and Air Force VIPs visited the IAF Avadi.
6. He keeps the children active and busy in the Evenings. At the same the children learn a martial Art.
7. I know him for the last 10 years
8. I understand as per the TAEKWONDO FEDERATION only one Academy can conduct training within a radius of 3-5 KMs
9. The trainer from the rival Takewondo Academy, I learn, was his student and he is not a veteran, where as Veteran AK Lenka is an Air Veteran

As he is a member of AFA (Avadi Chapter), I make this representation on his behalf to you to remove his apprehension regarding the emerging of rival academy in the AIR FORCE AREA by a trainer who was his student and a non veteran.

With Best Wishes,



AIR FORCE ASSOCIATION (AFA) IAF AVADI CHAPTER

AIRFORCE WIVES WELFARE ASSOCIATION APPRECIATION CERTIFICATES

Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon
President AFWWA (L), BHUJ.
Tele : 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 artiest 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

Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon
President AFWWA (L), BHUJ.
Tele : 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 flawless 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 visible. We are proud have such a talented trainer in our force. Brave! Keep it up.

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

ACADEMY AT BHUJ WAS ON "BLUE GLORY" MAGAZINE

THE BLUE GLORY
नील दीप्ति
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.

APPRECIATIONS AFTER IAF SERVICE LOCAL/ STATE/ NATIONAL LEVEL

राजस्थान पत्रिका
चेन्नई, रविवार, 15 अगस्त, 2021
12

हुनर वाले खिलाडियों की पौध तैयार करने में चूक रहे हैं हम

हुनर को गांव में तलाशें और तराशें

पुरुषोत्तम रेड्डी
patrika.com



चेन्नई. सवा अरब से ज्यादा की जनसंख्या में से हम सिर्फ सात खिलाड़ी ही ऐसे चुन सके जो टोक्यो ओलंपिक में मेडल जीतने लायक निकले। मेदान में हमारी स्थिति 48वें स्थान पर रही। देश की झोली में एक गोल्ड, दो सिल्वर और चार कांस्य पदक ही आ सका।

सवाल खड़ा होता है हमारी पूरी खेल व्यवस्था पर। आखिर इसका जिम्मेदार कौन है? राजस्थान पत्रिका की पेटरन्स इंडिया स्पोर्ट्स विंग के संस्थापक निदेशक व महासचिव डा. अशोक कुमार लेंका से चेन्नईस्थित में मंथन हुआ और चुकर निकली हमारी खेलों की नर्सरी। मेडल जीतने पर खिलाड़ियों पर पैसों की बारिश कर दी जाती पर खेलों की नर्सरी को संवारने पर किसी का ध्यान नहीं जाता। दूसरी चुनौती सामने आई खेल संघों के झगड़े और पूर्व खिलाड़ियों को चयन प्रक्रिया में न शामिल करना।

गांवों में तलाशनी होगी प्रतिभाएं : पेटरन्स इंडिया स्पोर्ट्स विंग के संस्थापक निदेशक व महासचिव डॉ. अशोक कुमार लेंका का कहना है कि हम खिलाड़ियों की पौध को संवारने में नाकाम साबित हो रहे हैं। इसकी वजह बन रही हैं हमारी व्यवस्थाएं। जिनको जड़ से बदलने की जरूरत है। अगर हमने खिलाड़ियों को पौध अच्छे से तैयार की होती तो जरूर हमारी झोली में मेडल की संख्या कहीं ज्यादा होती। कुछ अच्छा करना है तो शून्य से शुरू करना होगा। सेलेक्शन टीम बनाई जाए, उसको गांव-गांव, शहर-शहर में भेजकर खेल प्रतिभाओं को खोजा जाए। जिनमें खिलाड़ी बनने का हुनर दिखे उनको बेहतर प्रशिक्षण उपलब्ध कराया जाए।

बुनियादी ढांचा व सुविधाएं उपलब्ध हो : अशोक कुमार लेंका मानते हैं कि ग्रामीण प्रतिभाएं महंगी एकेडमी में प्रशिक्षण हासिल नहीं कर सकते। ऐसे खिलाड़ियों को आगे बढ़ाने के लिए सरकार क्यों आगे नहीं आती? फोकस यह रहना है कि खिलाड़ी खुद चलकर पास आए, लेकिन अधिक संभावना तो ये प्रतिभाएं ग्रामीण दौर्रा तक नहीं पहुंच पाती। इनको तलाशना होगा। उन पर निवेश करने के साथ बेहतर बुनियादी ढांचा और सुविधाएं उपलब्ध करानी होगी।

खिलाड़ी खुद को माने सेना का जवान : खिलाड़ियों के व्यवहार पर डा. अशोक कुमार लेंका ने कहा कि खिलाड़ी हमेशा जो खुद को सेना का जवान माने जो बॉर्डर पर जान देकर देश की आन बान और शान बचाता है। ठीक इसी तरह खिलाड़ी भी मैदान में खुद को आर या पार वाली स्थिति के लिए तैयार रखें तभी हमारी झोली में भी अधिक पदक आएंगे।



NATIONAL MEDAL FELICITATION
BY VETERANS INDIA TAMILNADU CHAPTER











FELICITATION & APPRECIATION BY AFA, TAMILNADU

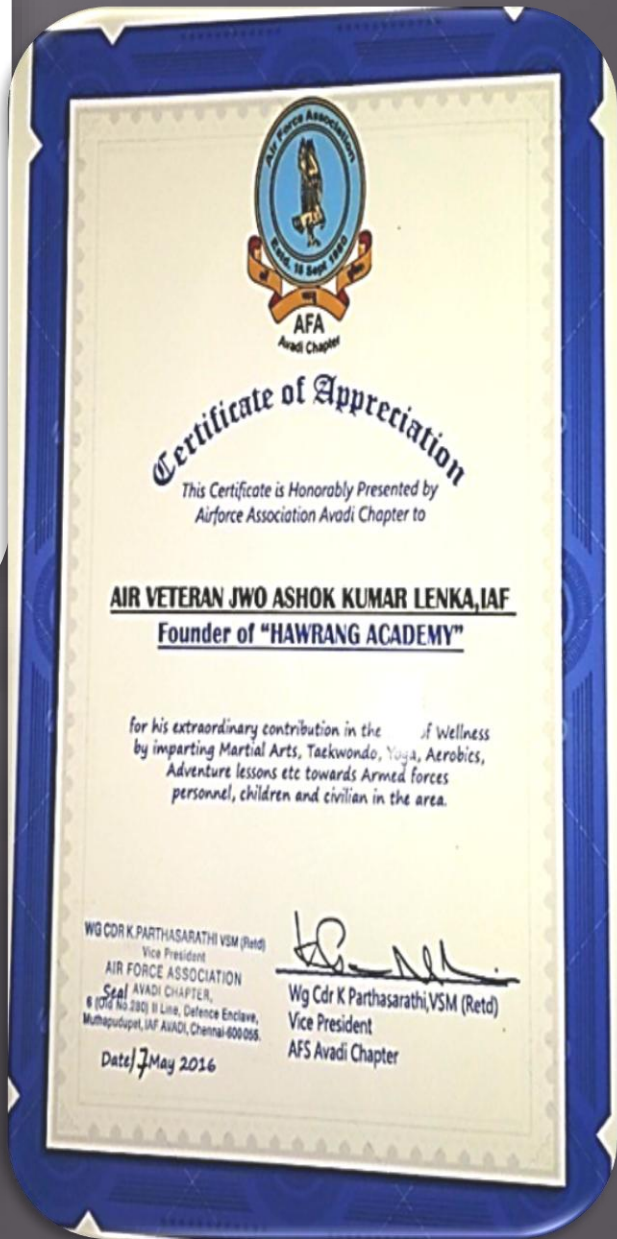
BY AIR FORCE ASSOCIATION, AVADI CHAPTER BY AIR MSHL VARTHAMAN, PRESIDENT TAMILNADU CHAPTER & JUDGE OF THIRUVALLUR

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









FELICITATION71ST INDEPENDENCE DAY CELEBRATION

Hawrang Academy Founder and Head Coach IAF Veteran Master Ashok Kumar Lenka felicitated by Ex-servicemen Association of Indian Air Force Avadi During 71st Independence Day Celebration. He has felicitated for his relentless wellness work towards the children and woman of IAF Avadi, Tamilnadu. More than 25 students participated in Taekwondo Nationals last year. Appreciation certificate for his hard work was presented by Veteran Brig Pillai who was chief guest of Freedom71 celebration.



APPRECIATION CERTIFICATE FOR HIS HARD WORK WAS PRESENTED BY VETERAN BRIG PILLAI WHO WAS CHIEF GUEST OF FREEDOM71 CELEBRATION.



FELICITATION BY COLLECTOR TIRUVALLUR-2018







ACADEMY PRESENTS MEMENTO TO COLLECTOR THIRUVALLUR DIST

- FELICITATION BY COLLECTOR THIRUVALLUR SMT FOR ACHIEVMENT OF 22 NATIONAL PLAYERS AND 2 GOLD 1 BRONZE IN NATIONAL IN THE YEAR-2017- BEST COACH OF TAMILNADU

- FELICITATION OF NATIONAL PLAYERS AND MEDALIST OF OUR ACADEMY AT VETERANS MEETING ALONG ASST DIRECTOR EX-SERVICEMEN BOARD BY COLLECTOR THIRUVALLUR

LT COL AMEERNUSIA, ASST DIRECTOR EXSERVICEMEN WELFARE BOARD THIRUVALLUR DIST



HAWRANG ACADEMY MANAGING DIRECTOR MRS SANJIBANEE SUDHA LENKA PRESENTS MEMENTO TO ASST DIRECTOR EXSERVICEMEN WELFARE BOARD THIRUVALLUR DIST LT COL MRS AMEERNUSIA AT THIRUVALLUR COLLECTORATE.





FELICITATION THIRUVALLUR DISTRICT COLLECTOR-2019

தினமலர்
www.dinamalar.com
www.facebook.com/Dinamalardaily
chennaicity@dinamalar.in
சென்னை

சுமிமுகக்கில் முதல் முறையாக, போக்குவரத்து நெரிசலை தவிர்ப்பதற்காக, சென்னையில், 66

ஆவடி பள்ளி மாணவிக்கு விளையாட்டு ஊக்கத்தொகை

சென்னை, பிப். 28-

ஆவடியைச் சேர்ந்த பள்ளி மாணவிக்கு, திருவள்ளூர் கலெக்டர், விளையாட்டு ஊக்கத்தொகை வழங்கினார்.

ஆவடி, கே.வி., விமானப்படை பள்ளியைச் சேர்ந்தவர், 6ம் வகுப்பு மாணவி ஹர்ஷினி. இவர், சிறு வயது முதல், டேக்வாண்டோ போட்டியில், பல்வேறு சாதனைகளை நிகழ்த்தி வருகிறார்.

சென்னையில், 2016 - 17ல் நடந்த, தேசிய அளவிலான, கேலோ இந்தியா விளையாட்டில், 14 வயதிற்கு உட்பட்டோருக்கான, 'டேக்வாண்டோ' போட்டி, 18 கிலோ பிரிவில் முதலிடம் பிடித்து, தங்கப் பதக்கம் வென்றார்.

அதை அடுத்து, அவருக்கு பரிசுகள், பதக்கம் மற்றும் சான்றிதழ்கள் வழங்கப்பட்டன. அப் போட்டியில்வெற்றிபெற்ற தன் பலனாக, தற்போது அவருக்கு, விளையாட்டு ஊக்கத்தொகையாக, 10 ஆயிரம் ரூபாய் வழங்கப் பட்டு உள்ளது.

கடந்த, 25ம் தேதி, இத் தொகையை ஹர்ஷினிக்கு, திருவள்ளூர் மாவட்ட கலெக்டர் மகேஸ்வரி வழங்கி பாராட்டினார்.



திருவள்ளூர் கலெக்டர் மகேஸ்வரியிடம், ஊக்கத் தொகைக்கான ஆணையை பெறும் மாணவி ஹர்ஷினி.





Tmt. Mageswari Ravikumar, I.A.S. Collctor Thiruvallur Has presented Rs10,000/- each to our National Gold Medalist Miss P Harshini and Miss Rishika Jha at Collectorate Thiruvallur.

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.

FELICITATION BY TAEKWONDO FEDERATION OF INDIA AT 4TH CADET CHAMPIONSHIP-2019 CHENNAI



BY DR. SRIDHAR, PRESIDENT
MR BHASKAR, SECRETARY TNTA



BY MR PRABHAT KUMAR SHARMA,
SECRETARY TAEKWONDO FEDERATION
OF INDIA (TFI)



BY MR VIJAY, ORGANISING
PRESIDENT
TNTA

FELICITATION BY TNTA AS BEST

SUB-JUN/ CADET COACH FOR YEAR 2017-18

FELICITATION BY PRESIDENT TAMILNADU TAEKWONDO ASSOCIATION DR B SRIDHAR, SECRETARY MR BHASKAR AND TECH DIRECTOR MR GANESAN AS BEST COACH OF TAMILNADU FOR ACHIEVMENT OF 22 NATIONAL PLAYERS AND 2 GOLD 1 BRONZE IN NATIONAL AND 2 BRONZE IN INTERNATIONAL IN THE YEAR-2017-18 NATIONAL MEDALIST MISS HARSHINI AND MASTER RAKSHAK FELICITATED AT TNTA HQ TRICHY.



ACADEMY PRESENTS MEMENTO TO PRESIDENT TNTA DR B SRIDHAR



FELICITATION BY TNTA

APPRECIATIONS BY PRESIDENT AFWWA SMT LILY RAHA

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.



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.





APPRECIATION BY AOC AIR CMDE AMAR AHUJA AND PRESIDENT AFWWA((L) MRS MAMATA AHUJA



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 ASSOCIOATION MITTNAMLLI.





APPRECIATION BY DIG CRPF MR ELANGO DURING KVS REGIONAL TAEKWONDO CHAMPIONSHIP AT KV CRPF



KV AFS TEAM TRAINED BY HAWRANG ACADEMY, IAF AVADI

APPRECIATION BY DIG CRPF MR VIRENDRA AGARWAL







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





RS 5000/- CHEQUE PRESENTED BY GM

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

Signature

Hawrang Academy

Happy New Year 2018



in

OCF CALENDER



सुरजित दास, भा.प्र.से.
महाप्रबंधक
SURJIT DAS, IOFS
General Manager

भारत सरकार
रक्षा मंत्रालय
भारतीय आयुध निर्माणियां
आयुध वस्त्र निर्माणी
आवडी, चेन्नै - 600 054.

GOVERNMENT OF INDIA
MINISTRY OF DEFENCE
INDIAN ORDNANCE FACTORIES
ORDNANCE CLOTHING FACTORY
AVADI, CHENNAI - 600 054.

No.016/GM/2020 *Dated: 24.03.2020*

My dear Shri Lanka,

I thankfully acknowledge receipt of your letter dated 18th March 2020 congratulating me on the occasion of my taking charge of OCF Avadi as its General Manager.

While gracefully reciprocating your warmth and wishes, I am happy to acknowledge your contribution towards development of Veteran India Sports and Adventure group, consisting members of the Tri-Services, as its National Secretary.

It is also hearting to know that you are the head coach of the KMS certified Tamil Nadu Taekwondo Education Group and recently got upgraded your Taekwondo qualification to the level of International Master & International Taekwondo Coach for Asian Taekwondo Union apart from receiving prestigious awards for Taekwondo Championships.

I wish you all success in your future endeavours for development of adventure sports activities for the Veterans and Taekwondo form of self defence amongst the youth at large.

With regards

Yours Sincerely
Surjit Das
(SURJIT DAS)

Shri Ashok Kumar Lenka
National Secretary, Sports & Adventure Veterans India
and Director, Haurang Academy
BS2, Ashirvada Apartments
Periyarnagar
Muthapudupet
IAF Avadi
Chennai-600 055

दूरभाष सं./Off : 044 2638 6343 / 2638 4779, फैक्स/Fax : 044 2638 1701 ई मेल /E-Mail : ocfav.ofb@nic.in



APPRECIATION BY PRINCIPAL CRPF KV SMT .....AT ANNUAL DAY



HAWRANG DEMO AT REPUBLIC DAY 2018





RS 10000/- CHEQUE PRESENTED BY GM, OCF



MR SURJIT DAS IOFS, AGM OCF AT HAWRANG ACADEMY

















HAWRANGS DEMONSTRATES AT OCF SCHOOL







FELICITATION BY PRABASI ODIA, CHENNAI



BY CHIEF SECRETARY TAMILNADU, INCOME TAX COMMISIONER CHENNAIPRESIDENT UMB AND OWB

FELICITATION BY PRESIDENT OWB

PRESIDENT ODISHA WITHOUT BOADER (OWB) MR KHIROD KUMAR JENA FELICITATING THE TEAM HAWRANG AT PRABASI ODIA BUSINESS SUMMIT



STATE REFEREE COURSE
ANOTHER FEATHER TO HAWRANGS
10 STATE REFEREE

10 SENIOR STUDENTS SUCCESSFULLY COMPLETED REFEREE COURSE AT TNTA
MISS HARSHA,MISS ARATHI, MISS SHAHNA, MR PONSEGARAN, MR PRASHANT, MR BALAKRISHNAN, MR YOKASH, MR JOHAN, MR HEMANTH SAI, MR YOGESH



HAWRANG TEAM WITH PRESIDENT DR SRIDHAR, SECRETARY MR BHASKAR, TECH DIR MR GANESHAN AND INTERNATIONAL REFEREE MR THIRUMAL

NATIONAL REFEREE



MASTER KALINGA KUMAR LENKA AT KUKKIWON INSTRUCTOR COURSE WITH GM JEONG LEE AT NEW DELHI









5TH HERO CUP INTERNATIONAL TAEKWONDO CHAMPIONSHIPS, BANGOK, MASTER KALINGA KUMAR LENKA, COACH & ATHLETE



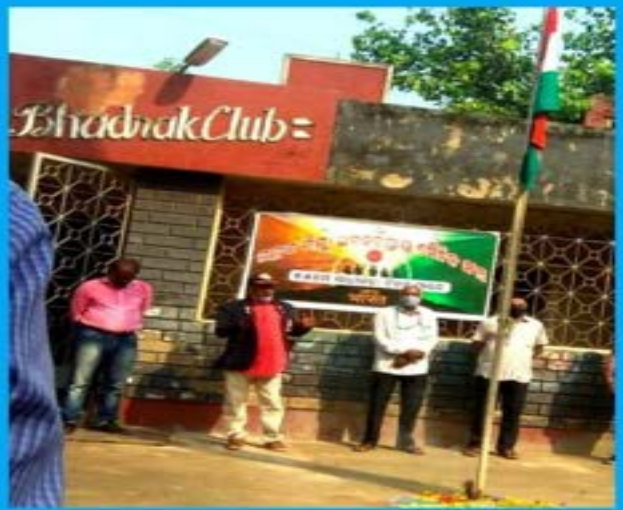




FLAG HOSTING AT BHADRAK EXSERVICEMEN ASSOCIATION









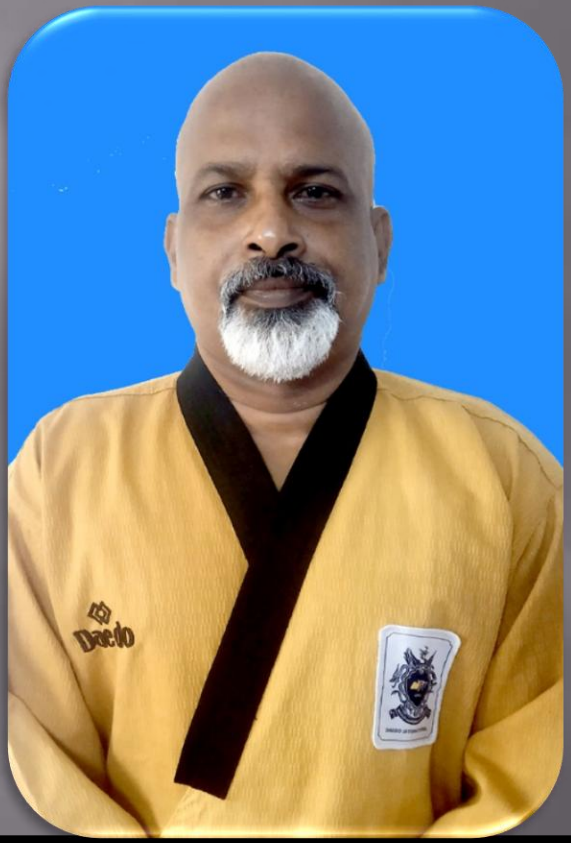
CHARAMPA MAHAVIDYALA, BHADRAK

CELEBRATING 75TH INDEPENDENCE DAY WITH VISW









THANK YOU