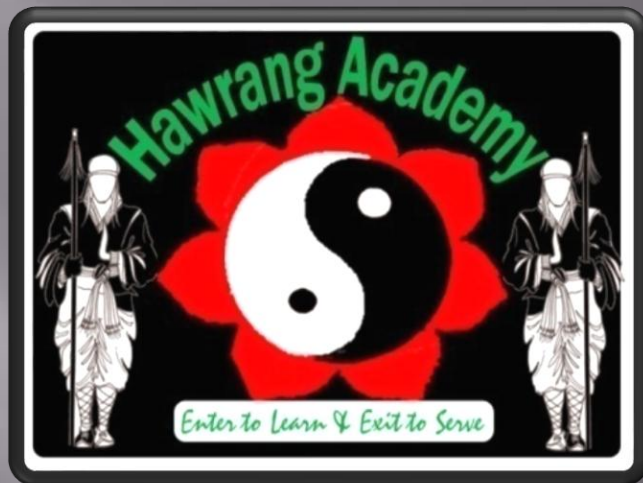




COFFEE TABLE BOOK 1989-2020 PART V- HISTORY OF ACHIEVMENTS

BY
AIR VETERAN JWO (RETD) ASHOK KUMAR LENKA

INTERNATIONAL MEDALIST/ PARTICIPANTS

INTERNATIONAL MEDALIST ASHOK KUMAR LENKA

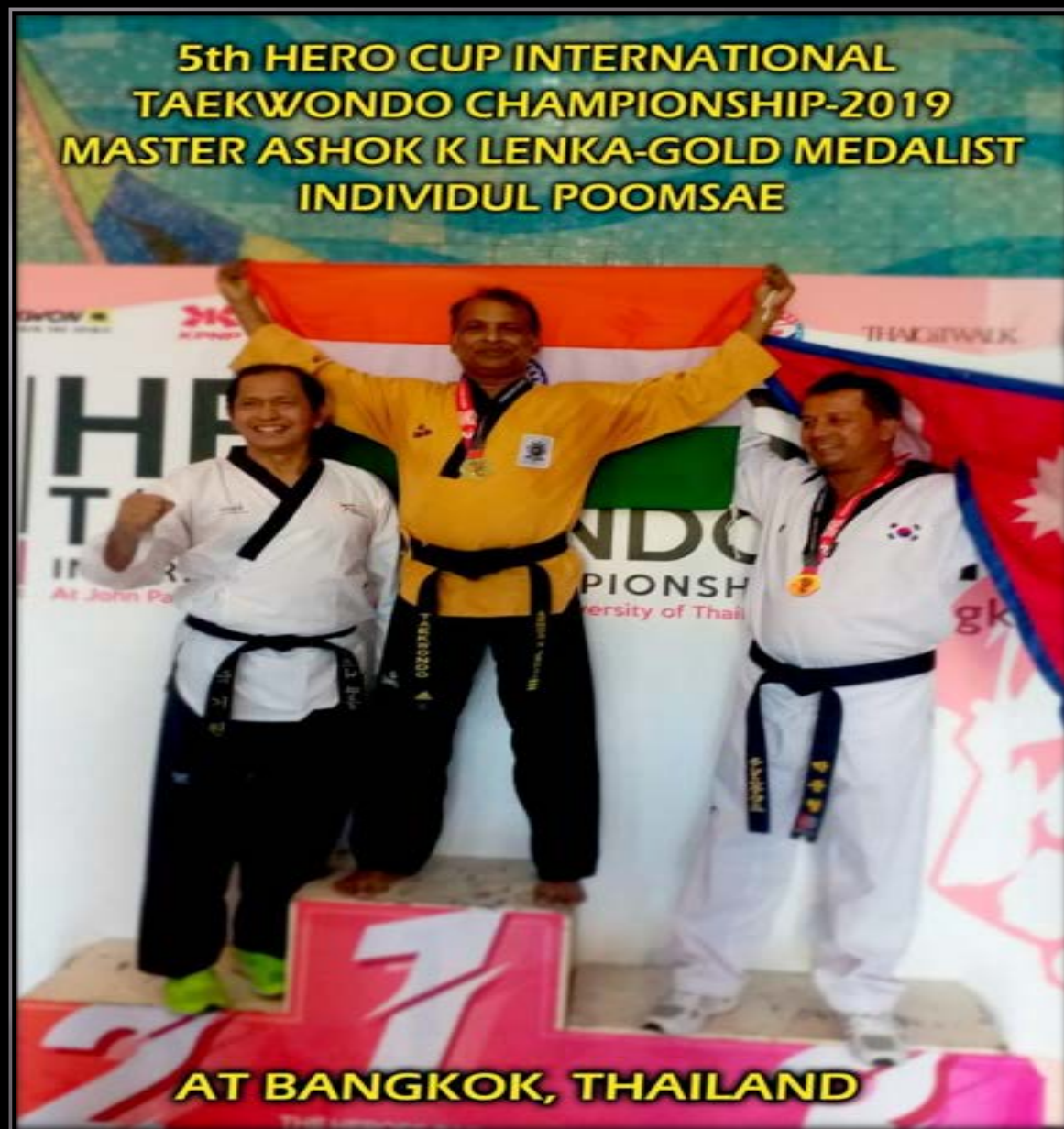


चेन्नई की हवरंग अकादमी की 10 सदस्यीय टीम ने बैंकॉक में आयोजित 5वीं हीरो कप इंटरनेशनल ताइक्वांडो चैंपियनशिप में भारत का प्रतिनिधित्व किया जिसमें 52 वर्षीय मास्टर अशोक कुमार लेंका ने पोम्से +50 श्रेणी में भाग लिया और गोल्ड जीता। अशोक लेंका ने अपनी जीत को करिगल के शहीद जवानों को समर्पित किया।

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



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



INTERNATIONAL KYORUGI MEDALIST



INTERNATIONAL POOMSAE MEDALIST



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 [indiatatekwondo2020@gmail.com]

Name of Athlete	ASHOK KUMAR LENKA
Age Group	UNDER 60
Address	852, ASHRAWADA APPTS, PORIYARI NAGAR, MUTHAFUQUET, IAF AWADI, CHENNAI, PIN-600055
State	TAMIL NADU
Email	ashokkierka@gmail.com
Contact no	9790152227/9677289739
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 (BAF 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=AS1E0Lw7ic 2. Poomsae-2- https://www.youtube.com/watch?v=3DjKyxGAcE

Important Instructions

- Athlete need to submit Copy of following documents
 - Copy of Aadhaar Card/Passport
 - Clear Passport size Photo of athlete
 - Global Athlete Licence (GAL) card (Valid till 31st December 2020)
 - Copy of Kukkiwon Poomsae Certificate / DAN certificate.
 - Supporting Document for eligibility [e.g. Participation Certificate of SAG-2019]
 - Details once submitted cannot be changed.
 - Failing to submit/submitting the false details before registration will not be consider for the Selection Trial
 - For any query please contact us by email :- indiatatekwondo2020@gmail.com

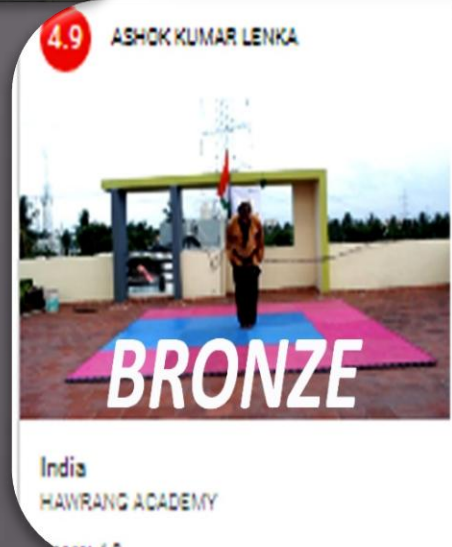
Declaration

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

Name :- Ashok Kumar Lenka Place :- IAF Awadi, Chennai
 Sign :- [Signature] Date :- 26 Oct 2020



IOFTC USA INTERNATIONAL MEDAL IN POOMSAE U60 AGE CAT-2020



ONLINE WORLD POOMSAE CHAMPIONSHIP 2020

MEDAL IN POOMSAE U60 AGE CAT



MASTER ASHOK K LENKA
BAGGES BRONZE MEDAL FOR INDIA

2020 ONLINE WORLD POOMSAE CHAMPIONSHIP

Under 60 – Male

	Country	Score
	Ukraine	7,02
	Ukraine	7,00
	INDIA	6,85
4 ASHOK KUMAR LENKA	INDIA	6,6

INTERNATIONAL PARTICIPATION 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



United Kingdom



PHILLIPINES INTERNATIONAL SPEED KICKING MEDALIST -2020





தீன மலர்



தற்போது அகாடமியைச் சேர்ந்த 12 அறிஞரும், 8 வீரர்களையும் சமய, பொருத்தம், 16 பேர் இடம் பெற்று உடனியை.

ஆறு நாட்கள் தடக்கம் பெயர்ச்சியாவது. 16ம் நேதி நிலைப்பு பெறுகிறது. இதில், பெற்றி பெறுவோருக்கு, பதக்கங்கள் மட்டுமே சான்றிதழ்கள் வழங்கப்படும்.

2ND G1 INDIA WT INTERNATIONAL OPEN MEDALIST MISS SAKSHAM (SILVER) & MASTER HARIPRASATH (BRONZE)



ARVIND BRAMHANAND NISHAD (IND-2280)



India



ASHOK KUMAR LENKA (IND-3513)



India



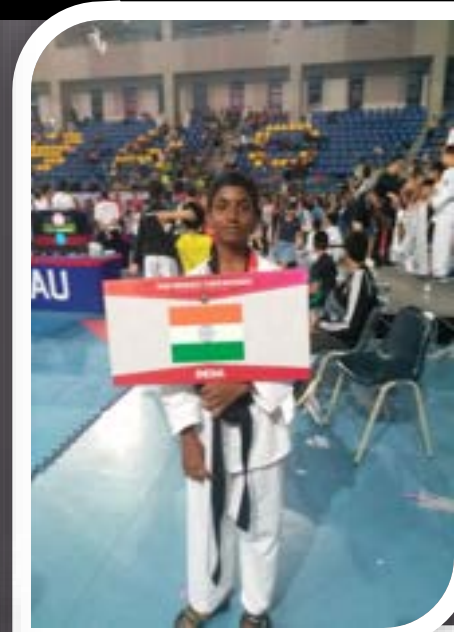








HAWRANG INTERNATIONAL MEDALIST



INTERNATIONAL POOMSAE MEDALIST



INTERNATIONAL KYORUGI MEDALIST



INTERNATIONAL MEDALIST



INTERNATIONAL PLAYERS

5th HEROCUP TAEKWONDO INTERNATIONAL CHAMPIONSHIP AT BANGKOK

FM 26-28 JUL 2019- HAWRANG BAGS 4 GOLD 1 SILVER 5 BRONZE MEDAL FOR INDIA

HAWRANG ACADEMY HAS 8 INTERNATIONAL MEDALSIT & 18 INTERNATIONAL PLAYER



B PRASHANTH
INTERNATIONAL PLAYER



ASHOK K LENKA
INTERNATIONAL POOMSAE MEDALIST



KALINGA K LENKA
INTERNATIONAL MEDALIST



M YOGESH
INTERNATIONAL PLAYER



ASHOK K LENKA
INTERNATIONAL KYORUGI MEDALIST



KRISHIYA KIRAN
INTERNATIONAL MEDALIST



V PONSEGARAN
INTERNATIONAL MEDALIST



S YOKASH
INTERNATIONAL PLAYER



HEMANTH SAI
INTERNATIONAL MEDALIST



RITHVIK KIRAN
INTERNATIONAL MEDALIST



V VIDHYACHARAN
INTERNATIONAL MEDALIST

INTERNATIONAL MEDALIST





चेन्नई की हवरंग अकादमी की 10 सदस्यीय टीम ने बैंकॉक में आयोजित 5वीं हीरो कप इंटरनेशनल ताइक्वांडो चैंपियनशिप में भारत का प्रतिनिधित्व किया जिसमें 52 वर्षीय मास्टर अशोक कुमार लेंका ने पोम्से +50 श्रेणी में भाग लिया और गोल्ड जीता। अशोक लेंका ने अपनी जीत को करगिल के शहीद जवानों को समर्पित किया।

PhotoColla



Local boy wins prizes in Taekwondo

By Our Staff Reporter

Rithvik Kiran (a resident of B Block, East Anna Nagar) won the Kyorugi event and was runner-up in the Poomsae event in the 41kg Cadet category in the Chennai District Taekwondo Tournament conducted last week.



Based on the performance, he has been selected to compete in the Tamilnadu State Tournament to be held next month.

He is a 1st Dan black belt and is undergoing training under Ashok Lenka (International Master).

He is a Std. 9 student in Chennai Public School, Mogappair.

AR TIMES

Local girl excels in Taekwondo

7-year-old Krishiyah Kiran (a resident of B Block, East Anna Nagar) took part in the Chennai District Taekwondo Tournament in the sub-junior category and came 2nd in the Kyorugi event and 3rd in the Poomsae event.

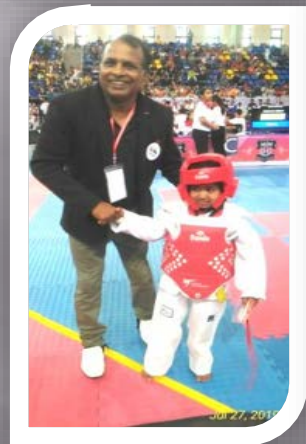


She has been selected to compete in the Tamilnadu State-Level Tournament to be held next month.

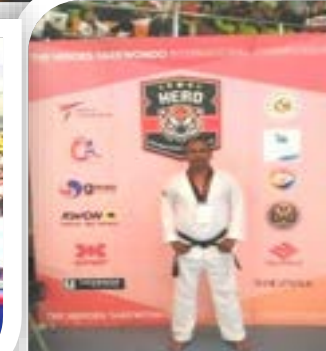
She is a Green belt holder, and is being trained by Grand Master Ashok Lenka at Plus Sports Academy.

She is a Std. 1 student in Anna Adash School, Anna Nagar

5TH HERO CUP BANGKOK, INTERNATIONAL TAEKWONDO CHAMPIONSHIP COACH-2019



5TH HEROCUP BANGKOK, INTERNATIONAL TAEKWONDO CHAMPIONSHIP COACH-2019





16 HAWRANGS PARTICIPATED AT G1 OPEN, HYDERABAD

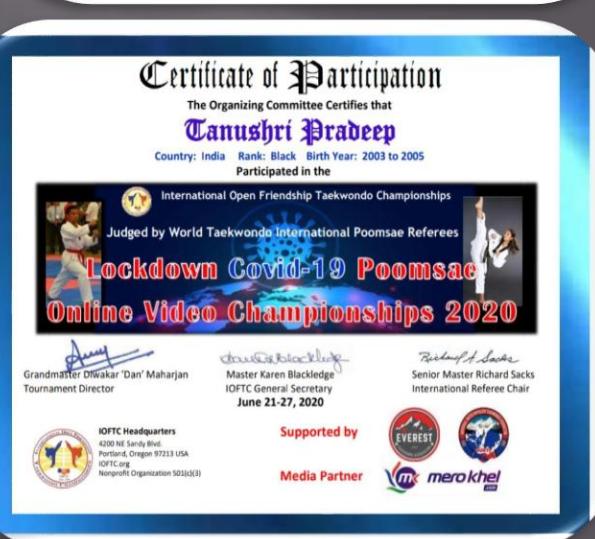


ARYAN PLAYED G₁ MISS SAKSHAM & MASTER HARIPRASATH BAGED BRONZE MEDAL

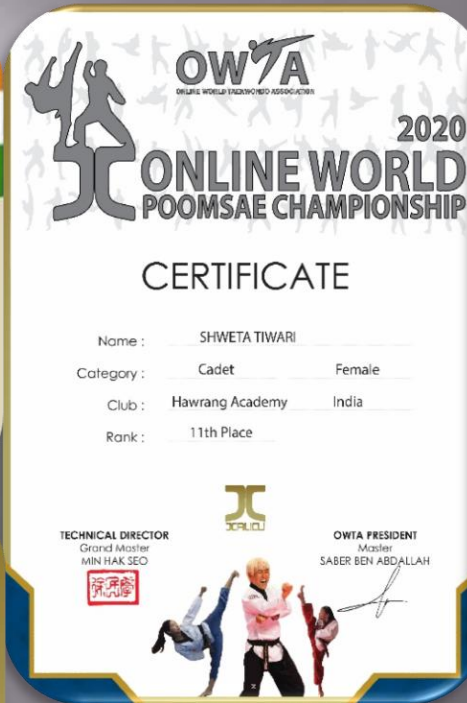
16 HAWRANGS PARTICIPATED AT G1 OPEN, HYDERABAD



HAWRANG ACADEMY STUDENTS INTERNATIONAL PARTICIPATION



HAWRANG ACADEMY STUDENTS INTERNATIONAL PARTICIPATION



HAWRANG ACADEMY STUDENTS DAEDO INTERNATIONAL POOMSAE PARTICIPATION-2020



Open European Taekwondo
Poomsae Championships 2020



Certificate

This is to certify that the person mentioned below participated at the 1st Online Daedo Open European Poomsae Championships 2020 held for the first time in the history of Taekwondo Europe. This event has drawn more than 1,200 athletes from 75 countries and 4 continents. Taekwondo Europe is grateful for your participation in this historic event.

Name: **MISS ANKITA RANA** IND-8245 CADET FEMALE BLACK BELT

Sakis Fragoulas
President of World Taekwondo Europe



Open European Taekwondo
Poomsae Championships 2020



Certificate

This is to certify that the person mentioned below participated at the 1st Online Daedo Open European Poomsae Championships 2020 held for the first time in the history of Taekwondo Europe. This event has drawn more than 1,200 athletes from 75 countries and 4 continents. Taekwondo Europe is grateful for your participation in this historic event.

Name: **MASTER ARYAN KUMAR LENKA** IND-8231 JUNIOR MALE BLACK BELT

Sakis Fragoulas
President of World Taekwondo Europe



Open European Taekwondo
Poomsae Championships 2020



Certificate

This is to certify that the person mentioned below participated at the 1st Online Daedo Open European Poomsae Championships 2020 held for the first time in the history of Taekwondo Europe. This event has drawn more than 1,200 athletes from 75 countries and 4 continents. Taekwondo Europe is grateful for your participation in this historic event.

Name: **MISS P TANUSHRI** IND-8229 JUNIOR FEMALE BLACK BELT

Sakis Fragoulas
President of World Taekwondo Europe



Open European Taekwondo
Poomsae Championships 2020



Certificate

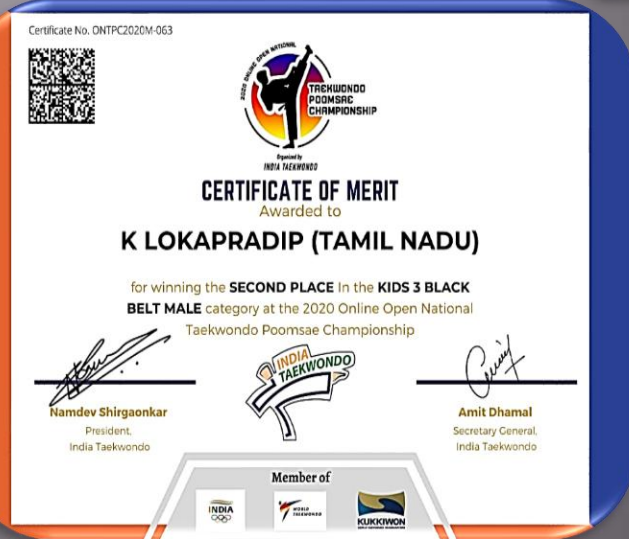
This is to certify that the person mentioned below participated at the 1st Online Daedo Open European Poomsae Championships 2020 held for the first time in the history of Taekwondo Europe. This event has drawn more than 1,200 athletes from 75 countries and 4 continents. Taekwondo Europe is grateful for your participation in this historic event.

Name: **MISS P HARSHINI** IND-8228 CADET FEMALE BLACK BELT

Sakis Fragoulas
President of World Taekwondo Europe

NATIONAL MEDALIST/ PARTICIPANTS

NATIONAL MEDALIST ONLINE NATIONAL POOMSAE TAEKWONDO CHAMPIONSHIP-2020



ACHIEVEMENT NATIONAL LEVEL MEDALIST

SPORTS: TAEKWONDO



ACHIEVEMENT TAMILNADU CHAMPIONS
NATIONAL LEVEL PLAYERS SPORTS: TAEKWONDO



ACHIEVEMENT SGFI NATIONAL LEVEL MEDALIST/ PARTICIPANTS:SPORTS: TAEKWONDO



KHELO-INDIA NATIONAL GOLD MEDALIST-2016-17

MISS P HARSHINI-KV AFS AVADI-4TH CLASS



- SHE PLAYED FOR U14 TEAM U18KG CAT
- THIRUVALLUR DIST GOLD
- TAMILNADU STATE GOLD
- NATIONAL GOLD
- SHE IS ALSO OPEN STATE GOLD
- AWAITING TO REPRESENT TAMILNADU AT OPEN NATIONALS



सिटीजन.04

दूसरी बार जीता

हवरंग अकादमी की ताइक्वांडो
खिलाड़ी ने जीता स्वर्ण पदक



समारोह में पदक के साथ खिलाड़ी।

चेन्नई. नेहरू स्टेडियम में खेली जा रही खेलो इंडिया राष्ट्रीय ताइक्वांडो प्रतियोगिता का आयोजन हुआ। प्रतियोगिता में हवरंग अकादमी की खिलाड़ी पी.

हर्षिनी ने अंडर-14 वर्ग में स्वर्ण पदक जीता। इससे पहले उन्होंने स्टेट ओपन ताइक्वांडो प्रतियोगिता में भी गोल्ड पदक पर कब्जा जमाया था।

OUR ACHIVEMENT IN NATIONAL LEVEL IN YEARS 2015-16

- MISS RISHIKA JHA EARNED SILVER MEDAL IN NATIONAL CADET OPEN CHAMPIONSHIP REPRESENTING TAMILNADU. SHE WAS IN NATIONAL POTENTIAL TEAM.
- TAMILNADU GOT THE BEST CADET TEAM TROPHY
- SHE COULD NOT PARTICIPATE IN INDIA TEAM CAMP TO PARTICIPATE AT WORLD CADET CHAMPIONSHIP-2015 DUE TO WANT OF PASSPORT.



TAEKWONDO CHAMPIONSHIP-2015

On 06 Jun 2015, 57 Members (mostly Veterans and Air warriors children) from HAWRANG ACADEMY, a venture of AFWWAAF Station Avadi has participated in Thiruvallur District Taekwondo Championship-2015 under 4 categories i.e Sub junior, Cadet Junior and Senior under different weight categories at Railway Matriculation Hr Sec School, Iyavaram, near Perambur Loco. His students secured 49 medals, 18 Gold 14 Silver 15 Bronze in KYORUGI (Sparring) and 02 Gold 01 Bronze in POOMSE (pattern). 32 (Veterans and Air warriors children) got selected to represent Thiruvallur District in the forthcoming 28th TN State Taekwondo Championship-2015 at Salem on 12-14 Jun 2015.

On 12 Jun 2015 TN State Taekwondo Championship-2015, a total 09 medals out of 17 participated i.e 02 Gold 02 Silver and 05 Bronze, a

historical development of Hawrang Academy since its inception at Avadi. Two of the Golden Girls Miss Aradhana Mishra Daughter of Sgt P Mishra Under 41 cat of Sub-Junior and Miss Rishika Jha daughter of JWO Jha Over 59Kg cat of Cadet got selected for Nationals.

Miss Aradhana Mishra will be playing for Tamilnadu in 33rd Sub-Junior National Taekwondo Championships - Hyderabad - Telangana - August, 2015 and Miss Rishika Jha will be representing Tamilnadu in 2nd National Cadet (Kyorugi) Taekwondo Championships - June 26-28, 2015, Rohtak Haryana. If she gets Gold medal then she will be representing India at 2nd WTF World Cadet Taekwondo Championships-2015 between August 23-26, 2015 at Muju, South Korea. Let's all wish her all the very best. Mitran is proud of them Air veteran JWO Ashok kumar Lenka the founder director HAWRANG Academy. He is the coach for the boys and girls. He trained them for three years to bring them up to the medals winning levels. The whole credit goes to him no doubt. He can be contacted on cell 97907 52227 / 96772 90735 email: ashoklenka@yahoo.com



NATIONAL GOLD MEDALIST- MISS P HARSHINI-F U20KG- MASTER RAKSHAK –BRONZE MEDALIST- M U21KG 34TH SUB-JUNIOR NATIONALS PUNE



ACHIEVEMENT AT SCHOOL GAMES FEDERATION OF INDIA NATIONAL LEVEL-2016-17-03 PARTICIPATED 01 GOLD MISS RISHIKA-KV AFS AVADI-9TH CLASS

ONLY GOLD MEDAL
2016-17 FOR KVS
FROM SGFI.
HISTORY MADE FOR
CHENNAI REGION



MISS RISHIKA JHA
KVS GOLD+Rs 10000/-
SGFI NATIONAL GOLD+15000/-
INDIA SGFI PLAYER

ODISHA CADET NATIONAL GOLD MEDALIST-2017-18 MASTER VIVEK KUMAR



ताइक्वांडो प्रतियोगिता में विवेक ने जीता पदक



पदक विजेता छात्र के साथ अकादमी के सदस्य।

पत्रिका न्यूज नेटवर्क
rajasthanpatrika.com

चेन्नई हवरंग अकादमी के तीन छात्रों ने राष्ट्रीय ताइक्वांडो प्रतियोगिता में भुवनेश्वर में भाग

लिया। इसमें विवेक कुमार, देवश व तान्या यादव शामिल हैं। विवेक कुमार ने राष्ट्रीय पदक हासिल किया।

(कार्यालय संवाददाता)



INDIA NATIONALS SILVER MEDALIST-2018-19

MISS P HARSHINI U24KG-KV AFS AVADI-6TH CLASS

SUB-JUNIOR NATIONALS HYDERABAD

சென்னை

டேக்வான்டோ போட்டி ஹர்ஷினிக்கு வெள்ளி

சென்னை, பிப். 2-
சப் - ஜூனியர் டேக்வான்டோ போட்டியில், ஆவடியைச் சேர்ந்த மாணவி ஹர்ஷினி, வெள்ளிப் பதக்கம் வென்றார்.

இந்திய டேக்வான்டோ கூட்டமைப்பின் ஒருங்கிணைப்பில், தெலுங்கானா டேக்வான்டோ சங்கம் சார்பில், தேசிய அளவில், சப் - ஜூனியர் டேக்வான்டோ போட்டி, தெலுங்கானா மாநிலம், ஐதராபாத் பகுதியில் சமீபத்தில் நடந்தது.

இதில், 25க்கும் மேற்பட்ட மாநிலங்களைச் சேர்ந்த, 800 மாணவ-மாணவியர் பங்கேற்றனர். தமிழகம் சார்பில், திருவள்ளூர் மாவட்டத்தைச் சேர்ந்த, ஆவடி, கேத்திர வித்யாலயா, ஏ.எப். பள்ளியைச் சேர்ந்த ஹர்ஷினி பங்கேற்றார்.

இவர், 11 வயதிற்கு உட்பட்ட மாணவியர் 24 கிலோ பிரிவில், இரண்டாம் இடம் பிடித்து வெள்ளிப் பதக்கம் வென்றார். இவருக்கு பதக்கம் மற்றும் சான்றிதழ் வழங்கப்பட்டது.

ஹர்ஷினி

PhotoCollage



35TH SUB-JUNIOR NATIONAL-KYORUGI

2018-19-HYDERABAD



35TH SUB-JUNIOR NATIONAL-KYORUGI

2018-19-HYDERABAD



ONTPC-2020 BY INDIA TAEKWONDO

- ❑ TOTAL PARTICIPANT 32, SEMIFINAL 28 , FINAL 08 ARE MASTER. LOKAPRADIP, MURALI, ADITHYA, ABJSHEK, ANISHA, AYUSH,
- ❑ MEDAL 1 SILVER LOKAPRADIP AND 1 BRONZE MASTER



KVS NATIONAL GOLD MEDALIST AND SGFI NATIONAL BRONZE MEDALIST-2018-19 MISS P HARSHINI-KV AFS AVADI-6TH CLASS



4TH CADET NATIONAL PLAYER AND TAMILNADU GOLD MEDALIST -2018-19 MISS SIMRANJIT KAUR



**MISS SIMRANJIT KAUR
TAMILNADU
CHMAPION-2019
RECEIVING MEDAL
FROM 1ST LADY OCF
AND MR K
SATHYANARAYAN,
IOFS, GENERAL
MANAGER OCF AVADI
ON REPUBLIC DAY-2019**



HAWRANG REPRESENT OTHER STATES

- MISS SHAKSHAM FROM HARYANA BAGGED BRONZE MEDAL AT HYDERABAD SUBJUNIOR NATIONALS AND MISS ANKITA RANA FROM HIMACHAL PRADESH PARTICIPATED AND MISS SHWETA TIWARI BAGGED UP STATE GOLD FROM KANPUR.



JUNIOR NATIONAL PLAYER AND TAMILNADU GOLD MEDALIST -2018-19 MISS P TANUSHRI AND ARYAN K LENKA

**JUNIOR
NATIONAL
PLAYER AND
TAMILNADU
GOLD
MEDALIST –
2018-19 MISS P
TANUSHRI
(INDIVIDUAL
POOMSE & PAIR
POOMSE)
AND ARYAN K
LENKA (PAIR
POOMSE),
NATIONALS
PLAYED AT
SHIMOGA,
KARNATAKA**



राजस्थान पत्रिका

केन्द्रीय, कुल्लू, 20 नवंबर, 2018 | गतिविधि समाचार पत्र, रात्रि, 2018

हवरंग के बच्चों ने जीते पांच पदक



मेडल के साथ आर्यन और तनुश्री।

चेन्नई. तुलुकुडु में गत 24 व 25 नवंबर को खेली गई कर्नाटक तमिलनाडु राज्य ताइक्वांडो चैंपियनशिप में हवरंग अकादमी ने पूमसे और क्यूरुगी श्रेणी में 2 स्वर्ण, 2 रजत और 1 कांस्य पदक जीता।

अकादमी के खिलाड़ियों आर्यन कुमार लेंका और पी. तनुश्री को शिमोगा में होने वाली राष्ट्रीय जूनियर प्रतियोगिता के लिए चुना गया। इन

दोनों खिलाड़ियों ने अकादमी में एक नया अध्याय जोड़ा है क्योंकि ये अकादमी के लिए जूनियर आयु श्रेणी में और तिरुवन्नमूर जिले के लिए भी पहले पंप चैंपियन बने हैं। ये दोनों खिलाड़ी छोटी उम्र से ही ताइक्वांडो का अभ्यास कर रहे हैं। ताइक्वांडो का अधिकांश कलात्मक हिस्सा पूमसे है जो बच्चों के चरित्र का निर्माण करता है।

08 ACADEMY PLAYERS PARTICIPATED 34TH SUB-JUNIOR NATIONALS PUNE-2017-18

08 STUDENTS GOT
SELECTED TO
TAMILNADU TEAM TO
PLAY AT NATIONALS AT
PUNE IN 11 CATEGORIES
OF KYORUGI AND
POOMSE CATEGORY

THEY ARE MISS HARSHINI
P, MISS SHIVANGI,
MISS ANKITA RANA,
MASTER RAKSHAK,
MASTER RAJAN KUMAR YADAV,
MASTER LOKAPRADIP,
MASTER HARIPRASATH,
MASTER HAASAN



04 ACADEMY PLAYERS PARTICIPATED **SUB-JUNIOR NATIONALS DHARWAD-2017-18**

**04 SUB-JUN GIRLS STUDENTS NAMELY
MISS HARSINI, MISS ISHIKA BHOI,
MISS NIDHI G NAIR & MISS VAISHNAVI.
PARTICIPATED AT DHARWAD
NATIONALS.**



3RD CADET NATIONAL AT ODISHA -2017-18

03 CADET TAMILNADU STATE GOLD MEDALIST MASTER VIVEK, MISS TANYA, MASTER DEWANSH PARTICIPATED AT ODISHA NATIONAL. MASTER ABHISHEK SINGH SHOURAT REPRESENTED UP STATE IN NATIONALS.



03 ACADEMY PLAYERS PARTICIPATED 37TH JUNIOR NATIONALS KYORUGI CHAMPIONSHIP AT CHHATISGARH-2017-18

**03 STUDENTS
MISS S
HARSHA,
MISS TR ARATHI
& MASTER
KARTHIK
PARTICIPATED
AT
CHHATISHGARH
37TH JUNIOR
NATIONALS
REPRESENTING
TAMILNADU**



MISS S HARSHA MASTER KARTHIK MISS ARATHI



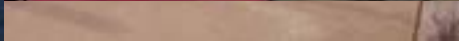














முதலிய டீக்கவானட்டா
ஆவடி மாணவிக்ஞ தாங்கம்

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2000

[illegible]

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SENIOR NATIONAL PLAYER AND TAMILNADU GOLD MEDALIST -2018-19 MISS S HARSHA

**SENIOR
NATIONAL
PLAYER AND
TAMILNADU
GOLD
MEDALIST –
2018-19
MISS S
HARSHA
PARTICIPATED
AT JABALPUR
SENIORS
NATIONALS**



हवरंग अकादमी ने तमिलनाडु स्टेट सीनियर ताइक्वांडो चैम्पियनशिप 2018-19 में एक स्वर्ण, दो रजत एवं चार कांस्य पदक जीता है।

35TH SUB-JUNIOR NATIONAL-POOMSE 2018-19-HYDERABAD



THIRUVALLUR DISTRICT HAWRANG ACADEMY TEAM SELECTED IN TAMILNADU TEAM FOR NATIONALS AT HYDERABAD ARE (L-R) MISS SIMRANJIT, MASTER HARIPRASATH, HASAN, HARSHINI, RAKSHAK, LOKKAPRADIP, DEVANAND, AKASH, RUPAK WITH TAMILNADU TAEKWONDO SECRETARY MR BHASKAR, THIRUVALLUR DIST VICE PRESIDENT ASHOK K LENKA, THIRUVALLUR COACH PRASHANTH, SHAHNA, PONSEGARN, ANUSHA, MANAGER KIRUBAKARAN & YOKASH LIASON MR SUP

**OUR GOLDEN GIRL
MISS P HARSHINI
GETS SELECTED
FOR U14 SGFI
REPRESENTING KV
SANGATHAN AT
IMPHAL.**



63RD SGFI NATIONAL LEVEL TAEKWONDO

ACHIVEMENT-KVs-2017-18

- **MISS TANYA YADAV GOLD MEDALIST AT KVS NATIONALS U17 AGE CAT JOINED KVS SGFI CAMP AT NEW DELHI AND PARTICIPATED IN SGFI NATIONALS.**
- **NOTE: GOLD MEDALLIST RECEIVED 10000/- EACH SILVER MEDALLIST RECEIVED 8000/- AND BRONZE MEDALLIST RECEIVED 5000/- CASH AWARD .**



ACHIEVEMENT AT 62ND SGFI

NATIONAL LEVEL-KVS -2016-17 AT HYDERABAD

- 2016-17 at SGFI Hyderabad National level Taekwondo Championship- girls held at Hyderabad- 03 Gold winners of KVS National Miss Rishika Jha , Miss Sneha, Miss Tanya Yadav participated in the championship.



KVS NATIONALS ACHIVEMENT-KVs-2018-19

CHENNAI REGION BAGGED 1 GOLD 3 SILVER 6 BRONZE TOTAL 10 MEDALS AT KVS NATIONAL AGRA FOR U14/U17/U19 GIRLS & BOYS. OUT OF THE 10 MEDALS 08 MEDALS ARE BAGGED BY HAWRANG ACADEMY ALONE WITH 1 GOLD 3 SILVER 4 BRONZE

1 GOLD MISS HARSHINI, 3 SILVER MISS TANUSHREE, MISS RISHIKA AND MASTER HIMANSHU BHOI AND 4 BRONZE MISS MONISHA, MASTER RISHABH, MASTER HARSHIT, MASTER KARTHIK TOTAL 8 MEDALS OUT OF THE 10 MEDALS RECEIVED BY TAMILNADU. .

OUR GOLDEN GIRL MISS P HARSHINI GETS SELECTED FOR 63RD SGFI REPRESENTING KV SANGATHAN.

புத்தூரிகா

राजस्थान पत्रिका

चेन्नई, गुवाग, 18 जुलाई, 2018 | अग्रागु गुवाग 18 जुलाई, 2018

केवीएनटीसी में तमिलनाडु ने जीते दस पदक



उत्तरप्रदेश के आगरा में जीएलए विश्वविद्यालय में आयोजित केंद्रीय विद्यालय नेशनल ताइक्वांडो चैम्पियनशिप वर्ष 2018-19 में 10 पदक तमिलनाडु ने अपने नाम किए हैं। 25 से 30 जून तक अंडर-14, 17, 19 में लड़कियों और 2 से 6 जुलाई तक अंडर-14, 17, 19 में लड़कों के लिए प्रतियोगिता कराई गई। 10 में 8 पदक हावरंग अकादमी को ही मिले जिसमें एक स्वर्ण, तीन रजत और चार कांस्य पदक शामिल हैं।

OUR ACHIVEMENT-KVs-2018-19

PRE-NATIONAL CAMP BY HAWRANG ACADEMY

■ **HAWRANG
ACADEMY WAS
ENTRUSTED
BY CHENNAI
REGION TO
CONDUCT
PRE-NATIONAL
TAEKWONDO
COACHING
CAMP AT AFS
AVADI FROM
18 JUN-22 JUN
FOR GIRLS
AND 24 JUN-28
JUN FOR
BOYS.**



ACHIVEMENT AT KVS REGIONAL LEVEL-2018-19

40 OF HAWRANG ACADEMY AT KVS CHENNAI REGIONAL TAEKWONDO CHAMPIONSHIP AT KV AFS AVADI FROM 27-28 APR 2018. 18 KV OF TAMILNADU HAVE PARTICIPATED IN THE CHAMPIONSHIP. OUT OF THE 40 STUDENTS OF HAWRANG ACADEMY WON 22 GOLD 08 SILVER 10 BRONZE.

THESE 22 STUDENTS WERE THE AMONG 35 SELECTED TO REPRESENT CHENNAI REGION AT KVS NATIONALS TAEKWONDO CHAMPIONSHIP 2018-19 AT GLA UNIVERSITY, AGRA ON 25 JUN - 30JUN 2018 FOR U14/U17/U19 GIRLS AND 02 JUL-06 JUL 2018 FOR U14/U17/U19 BOYS.



KVS NATIONALS LEVEL -2017-18

- U/14-04 GIRLS 3 BOYS PARTICIPATED AT KVS NATIONAL BHOPAL, RECEIVED 01 SILVER (MISS SHWETA).U-17 & U-19 09 GIRLS PARTICIPATED AT BANGALORE BAGGED 1 GOLD (MISS TANYA YADAV) & 1 BRONZE.
- 10 BOYS OF U-17 & U-19 PARTICIPATED AT KVS NATIONALS GHWOHATI AND BAGGED 1 SILVER (MASTER KARTHIK) AND 2 BRONZE (MASTER RISHABH, MASTER HARIHARAN) TOTAL KVS MEDAL TO HAWRANGS WERE 1 GOLD, 2 SILVER AND 3 BRONZE .
- KVS GOLDMEDALIST MISS TANYA YADAV SELECTED TO JOIN 62ND SGFI AT DELHI.



केवीएस नेशनल ताइक्वांडो प्रतियोगिता में
हवरंग अकादमी के प्रतिभागियों
ने जीते छह पदक



पदक के साथ अकादमी के प्रतिभागी।

चेन्नई. हवरंग अकादमी के प्रतिभागियों ने हाल ही भोपाल, बेंगलूरु और गुवाहाटी में आयोजित केवीएस नेशनल ताइक्वांडो प्रतियोगिता में एक स्वर्ण, दो रजत और तीन कांस्य सहित कुल छह पदक हासिल किए। इनमें हरिहरण ने कांस्य, कार्तिक ने रजत, श्वेता ने रजत और ऋषभ ने कांस्य पदक

जीता। स्वर्ण पदक विजेता छात्रा तान्या यादव दिल्ली में आयोजित होने वाली एसजीएफआई नेशनल प्रतियोगिता में केवीएस संगठन का प्रतिनिधित्व करेंगी। केवीएस क्षेत्रीय प्रतियोगिता में बेहतर प्रदर्शन के आधार पर कुल 26 प्रतिभागियों का राष्ट्रीय प्रतियोगिता के लिए चयन किया गया था।

KVs CHENNAI REGIONAL LEVEL -2017-18

- 2017-18 at KV Chennai level Regional Championship-2017 held at Kv AFS Avadi- 39 OF MY STUDENTS PARTICIPATED AND GOT 26 GOLD 08 SILVER 03 BRONZE U14/U17/U19. SO 26 NATIONALS.13 GIRLS & 13 BOYS



रेजनल ताइक्वांडो प्रतियोगिता में विजय हासिल करने वाले विद्यार्थी।

पत्रिका न्यून नेटवर्क
rajasthanpatrika.com

चेन्नई. हवंग अकादमी के विद्यार्थियों ने केवीएस चेन्नई रेजनल ताइक्वांडो प्रतियोगिता में हिस्सा लिया। प्रतियोगिता केवी

एसएस आवडी में आयोजित की गई जिसमें 18 केवी ने हिस्सा लिया। केवी एसएस आवडी की प्रचार सुन्दरी कृष्णमूर्ति ने प्रतियोगिता का उद्घाटन किया। इस प्रतियोगिता में हवंग अकादमी

के विद्यार्थियों ने 22 स्वर्ण, 8 सिल्वर व 10 कांस्य पदक जीते। विजेता प्रतिभागी आगरा में होने वाली राष्ट्रीय प्रतियोगिता में हिस्सा लेंगे।

OUR ACHIVEMENT-KVs NATIONAL LEVEL-2016-17

- 2016-17 at KVs National level Taekwondo Championship- 2016 for girls held at Hyderabad- 12 students have participated and bagged 06 medals out of which 03 Gold 01 Silver. 02 Bronze.

- 09 Students participated at KVs National at Kolkata. Out of which only 01 boy could secure Bronze medal.



OUR ACHIVEMENT-KVs REGIONAL LEVEL-2016-17

- 2016-17 at KV Chennai level Regional Championship-2016 held at Coimbatore- 22 students have participated and bagged 22 medals out of which 19 Gold 03 Silver. 07 Boys and 12 Girls got selected for KVs National to be held at Kolkata and Hyderabad respectively this year.



OUR ACHIVEMENT IN KVs-2015-16

- 2015-16 at KV Chennai level Regional Championship-2015- 53 students have participated and bagged 50 medals out of which 24 Gold 12 Silver 14 Bronze. 08 Boys and 16 Girls got selected for KVs National to be held at Lucknow and Jaipur respectively this year. 06 Boys and 13 Girls played for KVs National at Lucknow and Jaipur respectively. Girls Bagged 01 Silver Medal (Miss Jyoti Kiran Lenka) and 05 Bronze Medals (Miss Rishika Jha, Miss Sneha, Miss Tanushri, Miss Shtakshi & Miss Anshu). Silver Medal & Bronze Medal also got cash award of 8000/- and 5000/- each respectively from K.V. Sangathan and IAF paid a cash award of 3500/- to each national participants.

KVS CHENNAI REGIONAL 2015-16



24 12 14

TOTAL 50/53 PLAYED

KVS NATIONALS 2015-16

24 SELECTED FOR KVS NATIONAL
12 GIRLS + 10 BOYS PARTICIPATED
01 SILVER + 05 BRONZE MEDALS
MISS JYOTI, MISS SNEHA, MISS RISHIKA
MISS ANSHU, MISS TANUSHRI, MISS SHATAKSHI



HALL OF FAME: KVS NATIONAL MEDAL WINNERS



JYOTI



SHATAKSHI



SNEHA



RISHIKA



TANUSHRI



ANSHU

OUR ACHIVEMENT-KVs-2014-15

2014-15 at KV AFS Avadi- Our \ students have received 36 medals in KV regional championship out of 42 students participated. 11 girls and 04 boys a total of 15 played KVS Nationals & 02 girls Miss Sneha & Miss Arathi bagged Bronze medals + cash award of 1500/- in their respective weight categories at KV National held at KV Ahmadabad. IAF also gave cash award of 3500/- to each national taekwondo participants.

KVS CHENNAI REGIONAL 2014-15



15 11 10
TOTAL 36/44 PLAYED

KVS NATIONALS 2014-15

15 SELECTED FOR KVS NATIONAL
11 GIRLS + 04 BOYS PARTICIPATED
02 BRONZE MEDALS
MISS ARATHI & MISS SNEHA



SNEHA



ARATHI



11 Girls & 04 Boys Participated in KVs National Level Taekwondo Meet-2014, 02 Girls Received Bronze Medal

STANDING L-R: SRINIYAS, JAYAPRATAP, SHAHANA, RISHIKA, YARNIKA, KIRTI, SARANRAI, KALINGA
SENIOR: D. SHARANA, VISHNUPHIL, CHITRA / DRAMTEL, ADARSH / DRAMTEL, CHIRI IVAN



TEAM 44 PARTICIPATED WON 15 GOLD+11 SILVER+10 BRONZE=36 MEDALS & 15 KVS NATIONALS
WITH THEIR PRINCIPAL SMT SUNDARI KRISHNAMURTHY, TGT(PHE) Dr (Mrs) MAMATA LAWRENCE & MASTER COACH ASHOK KUMAR LENKA BLACK BELT (TAEKWONDO, KENBUDO & SAILUM)

OUR ACHIVEMENT-KVs-2013-14

2013-14 at KV AFS avadi-
our students received 42
medals (gold-12 silver-12
bronze-18) out of 47
participated in KV regional
championship. 12 got
selected for kvs nationals
and 07 participated (non-
participation of U-14).



KVS NATIONALS 2013-14

12 SELECTED FOR KVS NATIONAL
07 GIRLS +01 BOYS PARTICIPATED
NO MEDALS

KENDRIYA VIDYALAYA AIR FORCE STATION AVADI CHENNAI-600055



CHENNAI REGIONAL PLAYERS WITH KV INSPECTION TEAM-2013
48 PARTICIPATED RECEIVED 42 MEDAL (12 GOLD 12 SILVER 18 BRONZE) 12 NATIONALS

KV NATIONAL GIRLS TAEKWONDO PLAYERS -2013-14



TOTAL 12 BOYS AND GIRLS SELECTED AND 07 GIRLS & 01 BOYS PARTICIPATED FROM KV AFS AVADI

KVS CHENNAI REGIONAL TAEKWONDO MEET-2014

HAWRANG KV AFS AVADI TEAM CHAMPION WITH

15 GOLD 10 SILVER & 11 BRONZE TOTAL 36 MEDALS 15 NATIONAL



**TEAM WITH MR KODANDAN TREASURER TN STATE TAEKWONDO ASSOCIATION &
MR VENKATESH SECRETARY THIRUVALLUR DISTRICT ASSOCIATION**

KENDRIYA VIDYALAY SANGATHAN REGIONAL/ NATIONAL TAEKWONDO CHAMPIONSHIP-2013-17

THE TIMES OF INDIA

Martial Arts in KV AFS, Avadi

V Thiagarajan, Principal Kendriya Vidyalaya Air Force Station, Avadi was instrumental to introduced Martial Arts training in their Physical Education during April 2013 to self-equip the children specially girls to safeguard themselves from the evils of the society. They were given enough coaching on three subjects, Sailum, Taekwondo and Kenbudo by a qualified coach Ashok Kumar Lenka an Ex-Air warrior, who is a Black Belt in Sailum, Taekwondo and Kenbudo. The art Taekwondo from WTF (World Taekwondo Federation) is an Olympic recognized sports and so in Kendriya Vidyalaya. After a rigorous practice for almost 300 children in the months of April, July and Aug selection was done and a team of 47 (25 Boys and 22 Girls) member was sent to KV regional competition at KV Crpf Avadi on 12 Aug 2013. Out of the 47 KV AFS Avadi students, 42 won medals out of which 12 Gold, 12 Silver and 18 Bronze and 12 got selected for KV nationals. This is 1st time in the history of the school that in single discipline winning these many medals. School



Presented two Martial Demonstrations one on the occasion of Independence Day to AOC Air force Station Avadi Air Cmde PK Bapat and 1st Lady Mrs Smitha Bapat with 50 Stu-

dents and another to School Inspection team headed by Assistant Commissioner Dr Uma Sivaraman. This time it was 625 students in the demonstration

KV AFS AVADI TIMES TALENT COLUMN ALL FROM HAWRANG ACADEMY

THE TIMES OF INDIA

STUDENT EDITION

TUESDAY, DECEMBER 20, 2016

hite

Our Promising Students

The students are the greatest strength of our school. Their excellent presentation and communication skills have won laurels to this Vidyalaya. Their paintings and craft work adorn the walls of our Vidyalaya. Many have received the Rashtrapathi award, the highest level in Scouting and Guiding. Many excel in sports and have participated in SGFL. One of our friends is representing India in international matches in Taekwondo. Students have represented the national level JN Science Exhibition as well as Social Science Exhibition.

YOUNG ACHIEVERS

THE BUDDING TALENTS UNFURLED

Talent differs from person to person. In God's creation each one is different from the other. Some are passionate about sports, some in dance, some in singing and some are very good in debating. We have multifaceted budding talents at our school. The talent when coupled with opportunities and hard work blooms. The able and efficient faculties at our school rightly identify the latent talents of our students and give them a right exposure and a platform to display their talents. Emerson says, "Not gold but only a man can make a nation great and strong." The inter school competitions at cluster level, regional level and national levels in the field of sports and cultural- gave them opportunities to identify, display and win laurels in the various competitions.

RISHIKA JHA
class IX

YEAR :2014

- ✓ Silver medal in Open District
- ✓ Bronze medal in Open State
- ✓ Gold medal in KVS Regional

YEAR: 2016

- ✓ Taekwondo - Gold Medal in School Game Federation of India & selected to International School of Games
- ✓ Gold medal in Open district & Open state and selected for open Nationals Taekwondo
- ✓ Gold medal in Chief Ministers Trophy and selected for State level
- ✓ Gold Medal in KVS Nationals & Regional tournament
- Year: 2015
- ✓ Taekwondo -Gold medal in Open district & Open state
- ✓ Silver medal in Open Nationals at Haryana and selected for international at Moju, South Korea

HAWRANG ACADEMY TAEKWONDO STUDENTS IN TOI 20 DEC 2016



TANYA YADAV
class VII

TAEKWONDO

Participated in School Game Federation of India

- ✓ Gold Medal in KVS Nationals
- ✓ Taekwondo -Gold medal in Open district & Open state and selected for open Nationals.

SNEHA
class IX

Taekwondo

Participated in School Game Federation of India

- ✓ Gold Medal in KVS Nationals Taekwondo
- ✓ Gold Medal in District Taekwondo



TANUSHRI
class IX

- ✓ 2 times Gold medal & 1 Bronze medal in District Taekwondo Tournament
- ✓ Silver Medal in KVS National Taekwondo Tournament
- ✓ Bronze medal in State Taekwondo Tournament



ANUJ SINGH SOUROT
class IX

- ✓ Gold medal in District & State Taekwondo Tournament in 2016
- ✓ Gold medal in District & Silver Medal in KVS Regional Taekwondo Tournament in 2015
- ✓ Gold medal in District, Silver Medal in KVS Regional and Bronze medal in State Taekwondo Tournament in 2014



HARSHINI
class IV

- ✓ 2 times Gold medal & 1 Silver medal in District Taekwondo Tournament
- ✓ One Gold medal & 2 times Bronze Medal in State Taekwondo Tournament



**HAWRANG ACADEMY STUDENTS AT
CM Trophy-2016 Won Bronze Medal & 50000/-each**



MISS ARADHANA

MISS MONISHA

MR SUMIT

TAMILNADU STATE SENIOR TAEKWONDO CHAMPIONSHIP -2018-19

**10 PLAYED 7
BOY AND 03
GIRLS
BAGGED
1 GOLD (MISS
HARSHA), 2
SILVER (MISS
SHAHNA, MR
PONSEGARAN
) AND 3
BRONZE(MR
BALAKRISHNA
N, MR
HEMANT, MR
JOHAN)**



37TH TAMILNADU STATE JUNIOR KYORUGI & 8TH POOMSE TAEKWONDO CHAMPIONSHIP -2018-19 AT TOOTHUKUDI

**06 PLAYED 2
BOY AND 04
GIRLS
BAGGED 2
GOLD (MISS
TANUSHRI.
MASTER
ARYAN K
LENKA), 2
SILVER (MISS
RISHIKA,
MASTER
ARYAN), 1
BRONZE
(MISS
PAVITHRA)**



டேக்வாண்டோ: நால்வர் வெற்றி

சென்னை, நவ. 30-

மாநில டேக்வாண்டோ போட்டியில், திருவள்ளூரைச் சேர்ந்த, நான்கு பேர் வெற்றி பெற்றனர்.

தமிழ்நாடு டேக்வாண்டோ சங்க ஆதரவுடன், தூத்துக்குடி மாவட்ட அமெச்சூர் டேக்வாண்டோ சங்கம் சார்பில், தமிழக அளவிலான மாநில ஜூனியர் டேக்வாண்டோ சாம்பியன்ஷிப் போட்டி, தூத்துக்குடியில், சமீபத்தில் நடந்தது.

இதில், சென்னை, திருவள்ளூர் உள்ளிட்ட தமிழகத்தின் பல்வேறு மாவட்டங்களைச் சேர்ந்த, தனிநபர் மற்றும் அகாடமியைச் சேர்ந்த, வீரர் - வீராங்கனையர் பங்கேற்றனர்.

இந்த போட்டியில் திருவள்ளூர் மாவட்டம், ஆவடியைச் சேர்ந்த தனியார் அகாடமியைச் சேர்ந்த மாணவியரான தனுஸ்ரீ, இரு தங்கமும், ரிஷிகா வெள்ளிப்பதக்கமும், பவித்ரா வெண்கலப் பதக்கமும் பெற்றனர்.

மாணவர் பிரிவில் பங்கேற்ற ஆரியன், தங்கம் மற்றும் வெள்ளிப்பதக்கம் வென்றார்.

SUB-JUN & CADET TN STATE LEVEL KYORUGI CHAMPIONSHIP-2018-19

Sub-Junior & Cadet Championship:-

Hawrang Academy IAF has bagged 9 GOLD 3 SILVER 13 BRONZE medal Total 25 Medals in Sub- Junior and Cadet Category. The Sub-Junior and Cadet Championship was at Thoothukkudi SDAT stadium from 27 to 30 Dec 2018. Thiruvallur District Hawrang Academy with 90% point contribution bagged Second Best Sub-Junior Girls, Second Best Sub-Jun Boys and Illrd Place in Cadet Chennai Dist Boys Trophy. Sub-Junior Nationals Kyorugi participants are Miss P Harshini u24kg, Master Hariprasath u32kg (OCF Branch), Master Devanandh u35kg, Master Akash u44kg. They represent Kyorugi Team. Miss Harshini Bagged SILVER medal at National prouiding Hawrang Academy and Tamilnadu.



SUB-JUN & CADET TN STATE LEVEL POOMSE CHAMPIONSHIP-2018-19

History for academy as Sub-Juniors Nationals Poomse all 5 category was represented by Hawrang Academy students at Nationals . Miss P Harshini played Individual poomse, Miss Harshini and Master Rakshak played Mixed Pair Poomse. Master Rakshak, Master Lokapradip and Master Hasan played Group Male Poomse. Miss Harshini, Miss Samiksha & Miss Vaishnavi Sharma played Group Female Poomse.



OUR ACHIVEMENT IN STATE LEVEL 28TH SUB-JUNIOR AND 11 JJUNIOR IN THE YEAR- 2017-18

28 SUB-JUNIOR AND 11 JUNIOR PARTICIPATED. JUNIOR BAGGED 05 GOLD 02 SILVER 04 BRONZE. 05 STUDENTS GOT SELECTED TO TAMILNADU TEAM TO PLAY AT NATIONALS AT CHHATISHGARH. SUB-JUN- 13 GOLD 06 SILVER 09 BRONZE. RECEIVED BEST SUB-JUN BOY & GIRL TROPHY, BEST JUNIOR GIRL TROPHY AND OVERALL CHAMPIONSHIP TROPHY. AT PUDUKOTAI



OUR ACHIVEMENT IN 30TH TAMILNADU STATE IN YEARS 2017-18 SUB-JUNIOR/ CADET AT SALEM

- ▣ 42 PARTICIPATED
RECEIVED 7 GOLD 4
SILVER 08 BRONZE &
BEST SUB_JUN
TEAM.
- ▣ 4 SUB-JUNIOR GIRLS
AND 2 CADET BOY
AND 1 CADET GIRL
GOT SELECTED TO
TN
- ▣ TEAM TO
PARTICIPATE IN
NATIONALS



OUR ACHIVEMENT IN STATE IN YEARS 2017-18 JUNIOR / SENIOR AT KANCHIPURAM

□ **JUNIOR AND 02
SENIOR TOTAL
08
PARTICIPATED
RECEIVED**

■ **JUNIOR CAT 1
SILVER (MISS
SHAHNA)**

■ **SENIOR CAT 1
BRONZE
(MASTER
KALINGA K
LENKA).**



OUR ACHIVEMENT IN DISTRICT IN YEARS 2017-18

AT MANGALAM VIDYASHRAM, THIRUMULAVAIHIL 72 PARTICIPATED MEDALS OUT OF WHICH 18 GOLD, 22 SILVER 11 BRONZE IN KORUGI EVENT AND 9 GOLD 9 SILVER 9 BRONZE IN POOMSE EVENT. 42 GOT SELECTED FOR 30TH TN STATE TAEKWONDO CHAMPIONSHIP AT SALEM

SUBJUN/ CADET/ JUNIOR/SENIOR



Veterans Mitran
JAF-AVADI JULY-2017 ENGLISH MONTHLY PAGES:8 Price Rs.10 VOLUME:11 ISSUE:114

Veterans Mitran July 2017

The Opening ceremony of the championship was presided over by Mr. Victory M Mohan, Founder and Chairman Mangalam Group and the Chief Guest for the occasion was Mr. P. Benjamin, Minister for Rural Industries, (Tamilnadu) who gave away the prizes.

"HAWRANG ACADEMY" had bagged a total of 86 medals in Korugi (Fighting) and Poomse (Pattern) Segments, making this a historic achievement for the Academy. A total of 47 students have made it to the Thiruvallur District Team to participate in forthcoming Tamilnadu State Level Taekwondo Championship 2017.

For the Academy the best performance was given by Master Aryan Kumar Lenka in the boy's category and the overall championship was again bagged by Miss P. Tanushri in the girl's segment.

Recently the academy has also acquired International Taekwondo Equipments to create a infrastructure for international player's level.



on 11th Jun 2017, with 72 martial art students (41 boys and 31 girls) coached by Veteran Ashok K Lenka, a 6th Dan Black Belt holder. The entry was for taekwondo students in different Age and Weight categories.

The "HAWRANG ACADEMY" of Air Force Station Avadi participated in the Thiruvallur District Taekwondo Championship - 2017 held at Mangalam Vidyashrama, Thirumullaivoyal

राजस्थान पत्रिका
राजस्थान पत्रिका
राजस्थान पत्रिका
राजस्थान पत्रिका

खेल प्रतियोगिता
ताइक्वांडो प्रतियोगिता में
72 बच्चे हुए शामिल



ताइक्वाण्डो प्रतियोगिता में बेहतर प्रदर्शन करने वाले प्रतिभागी।

चेन्नई. ताइक्वांडो प्रतियोगिता में हारंग अकादमी के 72 बच्चों ने भाग लिया।

मंगलम विद्याश्रम तिरुमुलैवुहिल में आयोजित प्रतियोगिता में अकादमी के बच्चों

ने 82 मेडल प्राप्त किए। प्रतियोगिता के समापन अवसर पर ग्रामीण उद्योग मंत्री पी. बेंजामीन शामिल हुए। इसमें अशोक कुमार, पी. तनुश्री आदि का विशेष सहयोग रहा।

TAMILNADU STATE OPEN TAEKWONDO CHAMPIONSHIP 2016-17

07 SELECTED IN TAMILNADU TEAM TO PLAY AT
OPEN NATIONAL LEVEL TAEKWONDO CHAMPIONSHIP

STATE GOLD MEDAL / NATIONAL PLAYERS



**MISS HARSHINI-
KVAFS
MASTER RAKSHAK
-KV CRPF
MISS ARADHANA-
AF SCHOOL
MASTER ANUJ
-KV AFS
MASTER
ABHISHEK
-KV AFS
MISS RISHIKA
-KV AFS
MASTER VIVEK
-ST MARRY**

**BEST SUBJUNIOR
TEAM
THIRUVALLUR DIST
TEAM**



29TH TAMILNADU STATE TAEKWONDO CHAMPIONSHIP-2016
AIR CMDE AMAR AHUJA, AOC, AIR FORCE STATION AVADI &
SMT AHUJA FELICITATED MEDAL WINNERS OF HAWRANG
ACADEMY IAF AVADI ON 13 SEP. 16

These are children of Air Warriors and Veterans of Air Force Avadi.

OUR ACHIVEMENT IN STATE IN YEARS 2016-17

- 2016-17 at 29th Tamilnadu State Championship 40 participated received 7 Gold 6 silver 11 Bronze. 07 students got selected to Tamilnadu Team to play at Nationals. Our Team at Thiruvallur District has become Best Sub-Junior Team at Tamilnadu state. So the Academy owns the Best SUB-JUNIOR trophy of the year 2016-17.



OUR ACHIVEMENT IN DISTRICT IN YEARS 2016-17

- 2016-17 at thiruvallur district championship 71 medals out of which 18 gold, 15 silver 12bronze in kyorugi event and 09 gold 09 silver 09 bronze in poomse event. 43 got selected for 29th TN state taekwondo championship at Dindigul.



KHELO-INDIA TAMILNADU STATE LEVEL-2017

PARTICIPATED 08 PLAYERS BAGGED 01 GOLD MISS HARSHINI-4TH CLASS, 01 SILVER MISS SNEHA -9TH CLASS, AND 01 BRONZE MASTER SAIRAM-3RD CLASS-KV AFS AVADI



राजस्थान पत्रिका

हवरंग अकादमी के खिलाड़ियों ने जीते पदक

चेन्नई. हवरंग अकादमी के आठ ताइक्वांडो खिलाड़ियों ने खेलो इंडिया ताइक्वांडो प्रतियोगिता में हिस्सा लिया। प्रतियोगिता में अकादमी के साईरम ने कांस्य, स्नेहा ने रजत और पी. हर्षिनी ने स्वर्ण पदक जीता। स्वर्ण पदक जीतने वाली छात्रा केन्द्रीय विद्यालय एयरफोर्स आवडी में चौथी कक्षा में पढ़ती है।

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KHELO-INDIA THIRUVALLUR DISTRICT LEVEL PARTICIPATED 19 BAGGED 08 GOLD 04 SILVER 03 BRONZE



**08 GOLD MEDAL- RISHABH-9TH , SNEHA-9TH , SAIRAM-3RD ,
ISHIKA-3RD , HARSHIN-4TH , HARSHIT-4TH , OF -KV AFS.
REESHITHA-AF SCHOOL, \RAKSHAK-KV CRPF04 SILVER-
KARTHIK-10TH , SHIVANI-2ND , HARISH-4TH , OF KV AFS,
LOKAPRADIP-2ND OF AF SCHOOL 03 BRONZE-SHWETA-5TH
 , VAISHNAVI-2ND , HASAN-2ND OF KV AFS**

TAMILNADU CHIEF MINISTERS TAEKWONDO TROPHY-2016

05 PARTICIPATED FROM THIRUVALLUR DISTRICT

GOT 03 BRONZE MEDAL 50,000/- EACH



CM TAEKWONDO TROPHY-2016

10 PARTICIPATED AT THIRUVALUR DISTRICT LEVEL GOT 5 GOLD 3 SILVER 2 BRONZE



हवरंग अकादमी ने जीते 10 पदक



अवध प्रमुख से संघ पदक विजेता खिलाड़ी।

मुख्यमंत्री
ताइक्वांडो
चैंपियनशिप-2016

चेम्प्यो एमटीएटी त्रिकलर के
तत्वावधान में पहली बार
आयोजित मुख्यमंत्री ताइक्वांडो
चैंपियनशिप -2016 में हक्को

अवध के खिलाड़ियों ने पांच
स्वर्ण, तीन रजत और दो कांस्य
पदकों के साथ कुल 10 पदकों पर
काबू जमाया। अवध प्रमुख
अरोंक सेका ने बताया अवध की
वी बलिका शिखा झा, अरुण
मिश्रा, मीनिका, अभिराम सिंह और
सुमित कुमार सहू ने स्वर्ण पदक
जिते।



OUR ACHIVEMENT IN DISTRICT AND STATE IN YEARS THE 2015-16

- 2015-16 AT THIRUVALUR DISTRICT CHAMPIONSHIP 46 MEDALS OUT OF WHICH 18 GOLD, 14 SILVER 14 BRONZE IN KORUGI EVENT AND 2 GOLD 1 BRONZE IN POOMSAE EVENT. 32 GOT SELECTED FOR TN STATE. 2015-16 AT 28TH TAMILNADU STATE CHAMPIONSHIP 23 PARTICIPATED RECEIVED 2 GOLD 2 SILVER 8 BRONZE. MISS RISHIKA JHA OF KV AFS AVADI AND MISS ARADHANA MISHRA OF AIRFORCE SCHOOL GOT SELECTED IN TN TEAM FOR NATIONALS.

THIRUVALUR DISTRICT 2015



18 14 14 @KORUGI
02 00 01 @POOMSE

TOTAL 49/57 PLAYED

TAMILNADU STATE-2015

32 SELECTED 23 PARTICIPATED

BAGGED 12 MEDALS

1 GOLD, 02 SILVER 03 BRONZE SUBJUNIOR

1 GOLD 2 BRONZE CADET &

03 BRONZE SENIOR

09 (06 BOYS+03 GIRLS) SUBJUNIOR AND 08 (04BOYS+04 GIRLS) CADET TOTAL 17 DISTRICT PLAYERS FROM HAWRANG PLAYED TAMILNADU STATE LEVEL TAEKWONDO CHAMPIONSHIP-2015 AT SALEM FROM 12-14 JUN 2015



MISS RISHIKA MISS ARADHANA
GOT TN COLOR & GOING TO PLAY NATIONALS

WON 2 GOLD (MISS RISHIKA JHA CADET MISS ARADHANA MISHRA SJ) 2 SILVER (MISS HARSHINI & MASTER AMAN)

5 BRONZE (MISS PRIADARSHINI, MISS SNEHA, MISS ANKITA, MASTER ABHIJIT, MASTER NAVEEN)

OTHERS PARTICIPATED MISS ANSHU, MASTER NITIN, MASTER THARUN, MASTER HIMANSHU,

MASTER ANUJ, MASTER JITESH, MASTER VIVEK & MASTER ABHISHEK (FM L TO R)

HAWRANG ACADEMY AT THIRUVALLUR DIST TAEKWONDO CHAMPIONSHIP-2015



57 PARTICIPATED BAGGED 49 MEDALS 20 GOLD 14 SILVER 15 BRONZE
32 SELECTED DIST PLAYERS TO COMPETE TN AT STATE MEET

27TH TAMILNADU STATE TAEKWONDO CHAMPIONSHIP-2013-14



FLAG OFF OF HAWRANG TEAM BY SRI V THIAGARAJAN PRINCIPAL KV AFS AVADI, CHENNAI-55

25 HAWRANGS OUT OF WHICH 22 KVIANS GOT SELECTED FROM THIRUVALLUR DIST

HAWRANG ABHISHEK, VARNIKA GOT SILVER MEDAL & ARYAN, RISHIKA, ARATHI, HARSHA GOT BRONZE MEDAL

OUR ACHIVEMENT IN DISTRICT AND STATE IN YEARS 2014-15

- 2014-15 AT THIRUVALLUR DISTRICT TAEKWONDO CHAMPIONSHIP 43 MEDALS OUT OF WHICH 13 GOLD, 14 SILVER 16 BRONZE
- 2014-15 AT 27TH TAMILNADU STATE TAEKWONDO CHAMPIONSHIP 25 PARTICIPATED RECEIVED 2 SILVER (MISS VARNIKA & MASTER ABHISHEK) & 04 BRONZE (MISS RISHIKA, MISS HARSHA, MISS ARATHI & MASTER ARYAN K LENKA) MEDAL.

THIRUVALUR DISTRICT 2014



13 14 16

TOTAL 43/47 PLAYED

TAMILNADU STATE-2014

27 SELECTED 25 PARTICIPATED
BAGGED 06 MEDALS
02 SILVER (ABHISHEK & VARNIKA)
04 BRONZE (ARYAN K LENKA,
ARATHI, HARSHA, RISHIKA)

HALL OF FAME: MEDAL ACHIVERS AT TN STATE LEVEL



NO GOLD MEDAL

VARNIKA



ARYAN RISHIKA



CADET

ABHISHEK



ARATHI, HARSHA,



2014-27th TN State Medalist: Abhishek & Varnika - Silver



THE TIMES OF INDIA 27TH TAMILNADU STATE SUB-JR. CAL TAEKWONDO Champion Boys & Girls



Aryan K Lenka, Rishika Jha, Harsha & Arathi - Bronze

CBSE SOUTH ZONE TAEKWONDO CHAMPIONSHIP-2019



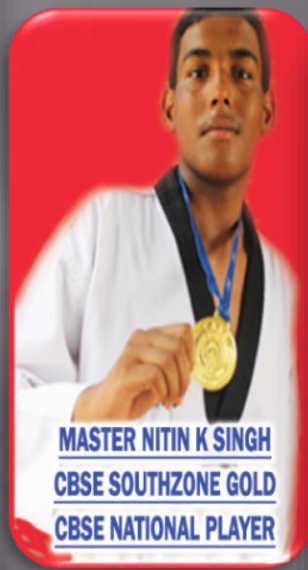
**CBSE SOUTH ZONE PLAYED 05 GOT
01 GOLD AND 01 SILVER-2016-17**

**CBSE SOUTH ZONE PLAYED 04
GOT 02 BRONZE MEDAL 2017-18**



चेन्नई, हवरंग तटस्थता अकादमी के पांच खिलाड़ियों ने मैंगलूर में आयोजित सोवियत साउथ जोन तटस्थता प्रतियोगिता-2016 में हिस्सा लिया जिसमें से सातवीं कक्षा के निविन कुमार सिंह ने अंडर-14 वर्ग के 50 किग्रा भारवर्ग में स्वर्ण पदक जीता वहीं आलिकाओं के अंडर-14 वर्ग में छठी कक्षा की के.पी.

निर्मल ने रजत पदक जीता। दोनों पदक विजेता खिलाड़ी दिसंबर में वाराणसी में आयोजित होने वाली सोवियत राष्ट्रीय प्रतियोगिता में साउथ जोन का प्रतिनिधित्व करेंगे। प्रतियोगिता में शामिल सभी पांचों विद्यार्थी एयरफोर्स स्कूल अलाहाबाद में अभ्यसित हैं।



**04 STUDENTS OF ACADEMY
PARTICIPATED IN CBSE SOUTH
ZONE TAEKWONDO
CHAMPIONSHIP REPRESENTING
AIR FORCE SCHOOL. & OCF
SCHOOL. BAGGED 02 BRONZE
MEDALS. MISS PAVITHRA OF OCF
SCHOOL AND MASTER SUMESH
OF AIR FORCE SCHOOL.**

CBSE NATIONAL 02 PARTICIPATED 01 BRONZE MEDAL MISS KP NIRMALA

**YOUNG
ACHIEVER**

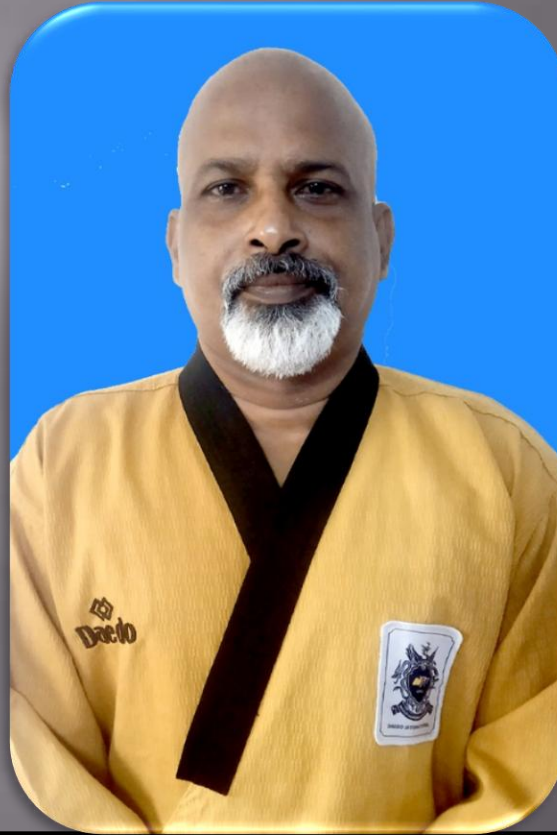
Kumari KP Nirmala, a student of class VI from Air Force School, Avadi is a Taekwondo Champion of the school. She has won several awards and recognitions in at the school, district and national level. She has been trained under her coach, Ashok K Lenka of Hawrang Academy for Yoga and Aerobics for the past 1 and a half years. Her awards include a silver medal at the Taekwondo Championship at Thiruvallur District, a gold medal at GK Shetty Vivekanada Vidyalaya and Junior Col-



lege, Ambattur, a bronze medal at GTN Arts College, Dindigul, a silver medal at the CBSE South Zone Taekwondo, Mangalore and a bronze medal at the CBSE

National Taekwondo Championship, Varanasi. She is a bright and enterprising student, who has always excelled in academics as well.





THANK YOU