



NOMINATION

OF DR ASHOK KUMAR LENKA, IAF VETERAN

PADMA SHRI AWARD

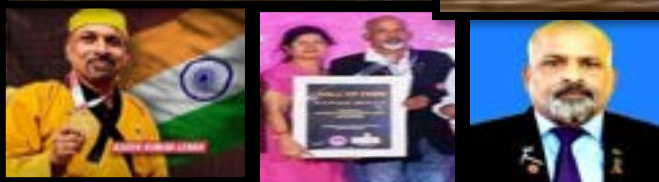
Sports - 4 Decades of Taekwondo-Martial Arts in
Mountain – Athletics – National Leadership-

BRIEF OF ACHIEVEMENTS OF MASTER DR ASHOK KUMAR LENKA

MBA, MPed, BE, BA, PGJMC, PGDCA,

Founder Hawrang Academy & National Secretary General, Veterans India Sports Wing

experience 35 Years In Martial Arts & Sports, 15 years in Media, 15 Years IN Mountaineering & Adventure



"PRIDE OF NATION" Awardee (VI) , 5th Place Award in the 2024 HongKong World Taekwondo Championship, Lifetime Achievement Awardee (GAC) , Honorary Doctorate Award in Physical Education by GPU. USA, Award of Top Class World Master Instructor , World Taekwondo Academy, Kukkiwon, South Korea, International Hall of Fame in field of Martial Arts by High Range Book of World Records-2025, Member of India National Team for World Taekwondo Poomsae Championship-2024-Hongkong, Best Sports Person of India Finalist (Khaya50 Abve50), International Taekwondo Gold Medalist, Kyorugi & Poomsae (5th Herocup) , International Taekwondo Medalist, Poomsae (IOFTC, USA), 3 times National Taekwondo Poomsae Medalist/ National Champion/ National Veteran Speed Kicking Gold Medalist,

World Taekwondo (WT) International qualified Level 1 Kyorugi & Poomsae Coach, Asian Taekwondo Coach License (ATU), World Taekwondo Global Official Member, Certified International Master Instructor (CLASS III) , World Taekwondo Academy, South Korea, National Master Instructor (By Olympic Coach Paul Green ,Taekwondo Federation of India) , Certified Coach Sports Authority of India, GOI, National Referee Kyorugi & Poomsae, Black Belt 6th DAN Taekwondo, 5th Dan Kukkiwon, Black Belt 2nd Dan Hapkido, Black Belt 3rd Dan Kenbudo (Dragon Staff), Black Belt 3rd DAN Sailum (Hatha Yoga),

Qualified Mountaineer, BMC, AMC, BRC Qualified Rock Climber, Nature Trekker , Climber of 11 Himalayan Mountain Peaks in Himalayas from 1998-2008 & performed Esoteric Martial Arts Feat over all the peaks, Nominated for Tenzing Norgay National Land Adventure Award from Indian Air Force,

Indian Air Force Athlete , Veteran of Indian Air Force Retd as Junior Commissioned Officer, Several Appreciation by IAF Commanders, Participated in Operation Parakram-II, Award of Appreciation by Air Force Association (AFA), Tamilnadu Chapter , Last 35 Years training Taekwondo , Adventure & Fitness at Air Force personnel and Connected Civilians at different IAF bases of India under AFFWA, IAF

Qualified Film Maker (Short Films, Documentary, PSAs, Ads, Motivational etc more than 200nos), Former Head of Production Don Bosco University of Communication and Arts (DBICA), Chennai

Founder Director HAWRANG ACADEMY, Hawrang Academy is world class KMS/ISO/MSME certified Academy. Tamilnadu State Coach for Taekwondo since 2018 till Date, India Coach G1 2nd India Open International & erocup Bangkok, Vice President Odisha Taekwondo (IT). National Secretary General Sports (VISW) and Adventure wing of Veterans India, Nominated for Padma Award for the Year 2020-21,

www.hawrangacademy.com, www.veteransindiasports.com ,

https://www.instagram.com/hawrangacademy_official/

<https://www.facebook.com/ashok.k.lenka.3>, https://www.youtube.com/@hawrang_sports

Email:- hawrangacademy@gmail.com, veteransindiasports@gmail.com, Mobile- 9790752227

BRIEF OF MAJOR ACHIEVEMENT

Master Dr Ashok Kumar Lenka (IAF VETERAN) is a Pride of Nation, Lifetime and Hall of Fame Awardee. He was nominated two times for National Award ie. Tenzing Norgay National Adventure Award nominated by India Air Force & Padma Award Nominated by Veterans India.

Dr Ashok K Lenka was an Champion athlete since his 8th Class at RCBL School, Bhadrak Odisha till Player of Western Air Command, India Air Force. He was trained in Yoga since his childhood schooling. Joined Indian Air Force in the year 1987 and till his VRS in the year 2010, he has participated in several Activations, wars and Live exercises during his stay in IAF. He started learning Taekwondo from E&ITI, IAF Jalahalli East since 1989 from an Air Warrior Babu T Raghu, Former India Player for 1988 Seoul World Championship.

Dr Lenka till now has spent almost 35 golden years since 1989 in practicing and Imparting training at different Airbases. Now he is a qualified as one of the TOP Ranked Master of World in India, He is 6th Dan Taekwondo, 5th Dan Kukkiwon, 3rd Dan Kanbudo, 3rd Dan Sailum and 2nd Dan Hapkido Black Belt. He is also World taekwondo Level 1 Coach for Kyrugi and Poomsae. He is Tamilnadu Coach since 2017 & International Master Instructor, Certified by Kukkiwon South Korea. He is also an International Medalist and Most Importantly in 2024 he participated in World Taekwondo Poomsae Championship at Hong Kong representing India He is an adventurer and a qualified Mountaineer who climbed 11 Mountain Peaks in Himalayas from 1998 to 2008 and practiced esoteric element of Martial Arts over Mountain for which he was nominated for Tenzing Norgay National Land Adventure Award. The peaks he ventured were Mount Chhota Kailash & Sinla Pass (18500ft), Mount Bhagirathi (22500ft), Mount Stithidhar, Friendship & Manali (18,500ft), Mount Rudragaira (18500ft), Mount Nanda Ghunti (19500ft), Mount Chandrabhga-16 (19000ft), Mount Pin Parvati (19000ft), Mount Rehnok (16500ft), Siachin High Altitude (16500ft), Mount Patalsu (15500ft) & Mount Hanuman Tibba (19000ft).

He is Nature Trekker, Rock Climber and qualified Media Professional and a Short Film Maker. He was head of production of Don-Bosco Institute of Communication and Arts. Produced several PSAs, Documentaries, Short Plays, stories, Events, Short Films, Trainings Videos, Video CBTs etc.

He was appointed National Secretary General as Sports and Adventure on 25 Dec 2018. 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 slogan RASTRA BHAKTI KHEL SE SHAKTI with an ambition of sports talent search, affordable sports, rise above federation casteism, unbiased selections, 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. In a span of 2 Years he scripted the VISW Sports Constitution for corruption free sports in India and could establish the VISW state body in 27 States and UTs. www.veteransindiasports.com , www.veteransindia.com. Now VISW is working relentlessly at different states for grassroots search of future Olympians

BRIEF OF TAEKWONDO JOURNEY WITH AFFWA

****A Legacy of Service, Strength, and National Pride The Taekwondo Journey of Master Dr. Ashok Kumar Lenka with AFFWA****

Master Dr. Ashok Kumar Lenka, Indian Air Force Veteran and one of India's most accomplished Taekwondo mentors, has devoted over 35 years to shaping disciplined, confident, and capable citizens. His journey with the Air Force Family Welfare Association (AFFWA) stands as a remarkable example of how military values and martial arts excellence can come together to transform thousands of lives.

After serving 22 years and 6 months in the Indian Air Force, Dr. Lenka retired as a Junior Warrant Officer from 18 TETTRA, Air Force Station Avadi on 31 January 2010. Even beyond uniformed service, his dedication to fitness, self-defence, and youth empowerment only grew stronger.

His association with AFFWA began in the early 1990s, contributing significantly across multiple Air Force Stations. From Adampur (1990–95) and Awantipur (1995–97)—where he trained Quick Reaction Teams—to AFTC Bengaluru (1997–2001) training Officer Cadets, to CTI training Air Warriors, and thereafter at AFS Nal, AFS Bhuj, and AFS Avadi, his influence has left a lasting imprint everywhere he served.

Since 2011, Mukherjee Hall at AFS Avadi has been the centre of his AFFWA-supported Taekwondo activities. Over the past 15 years, this hall has grown into one of India's most productive martial arts training centres, producing more than 8,000 medalists across International, G1, National, State, District, CBSE, SGFI, and KVS competitions.

Under his guidance, Tamil Nadu has secured 75+ international medals, 200+ national medals, and nurtured four Indian National Team athletes. Among them are World Championship Medalists Miss Saksham and Master Tejas Yadav, Asian Championship participant Master K. Lokapradip, and Dr. Lenka himself, who achieved 5th position in the World Taekwondo Poomsae Championship.

Beyond competitive success, Dr. Lenka has made an extraordinary contribution to society by training over 2 lakh people in self-defence—women, students, police personnel, and Air Warriors—empowering them with courage, awareness, and confidence. His mastery has been showcased through 200+ martial arts demonstrations delivered before senior Indian Air Force leadership, including Air Officers Commanding, AFFWA Presidents, and Air Chiefs. These demonstrations, known for their precision and impact, have earned him numerous appreciations from the IAF over the years.

A landmark moment came in 2025, when Hawrang Academy received Special Appreciation and Felicitation from Air Officer Commanding, 23 ED, Air Cmde Pradeep Sharma, and AFFWA Local President, Gp Capt Rachna Sharma (Retd.), during the Independence Day celebration “Ek Shaam Desh Ke Naam.” This recognition stands as a proud testament to the academy's dedication, discipline, and national spirit. In 2014, Dr. Lenka and his wife Mrs. Sanjibanee Sudha Lenka founded Hawrang Academy, a Government-registered, ISO-certified, MSME & Udyam-recognised institution. With unwavering support from AFFWA, 23 ED, the academy has been a pillar of Taekwondo development in Tamil Nadu since 2008.

As the Tamil Nadu State Coach since 2017, Dr. Lenka continues to contribute to India's Taekwondo movement under the World Taekwondo (WT) and Indian Olympic Association (IOA) recognised national federation. From Air Force parade grounds to world championships, and from self-defence camps to national celebrations, Master Dr. Ashok Kumar Lenka's journey is a story of commitment, courage, and contribution. His legacy continues to inspire, shaping champions and strengthening the nation—one disciplined individual at a time.

A DETAIL BRIEF ON WORLD TAEKWONDO SENIOR POOMSAE CHAMPIONSHIP



INDIAN NATIONAL TEAM



HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS



Hawrang Academy Since 1990....



**MASTER DR ASHOK KUMAR LENKA
MASTER SABITRI PRADHAN
UNDER 60AGE RECOGNISED PAIR POOMSAE
78 COUNTRIES & 1700 ATHLETES**

AWARD: 5TH POSITION IN THE WORLD

AT HONG KONG FROM 30 NOV - 4 DEC 24

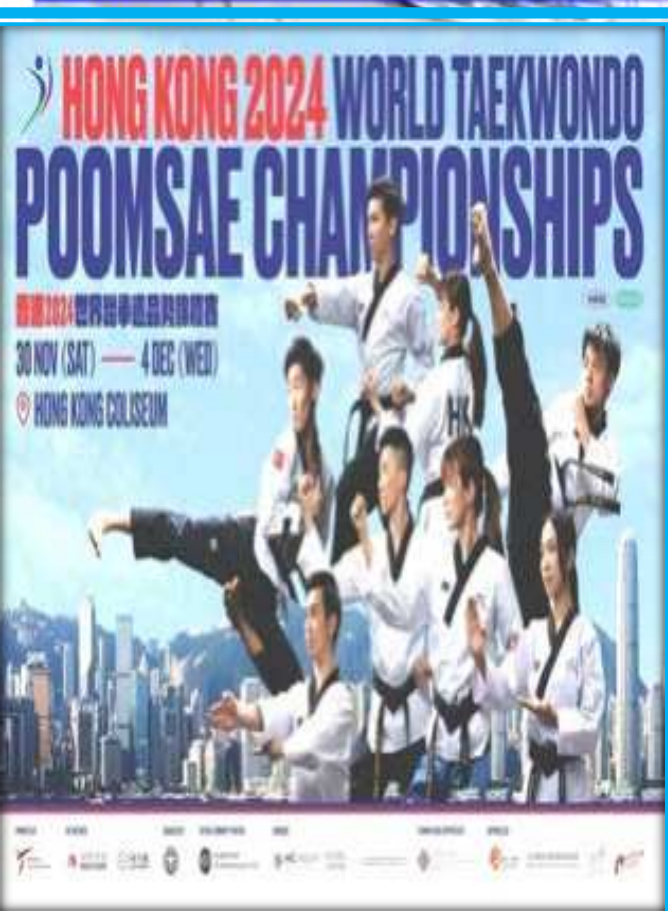
WORLD TAEKWONDO POOMSAE CHAMPIONSHIP

30 NOV-4 DEC 2024-HONGKONG

INDIAN NATIONAL TEAM



INDIAN NATIONAL TEAM FOR WORLD TAEKWONDO POOMSAE CHAMPIONSHIP-2024



78
COUNTRIES
1750
POOMSAE
ATHLETES

Athletes				
Country / Region				
ALB	AND	ARG	AUS	AUT
BEL	BFA	BUL	CAN	CAN
CHN	TPE	COL	CRC	CRO
CUB	CZE	COD	CYR	CZE
EGY	ENG	FIN	FIN	GER
GBR	GHA	HKG	HUN	HUN
ITA	ISR	ISL	ISR	ITA
JPN	KAZ	KEN	MEX	MEX
MOR	MEX	MGL	MAR	MYS
MPT	MOR	NZL	NCA	NOR
NOR	PER	CHN	PRI	TUR
POL	POR	PUR	PAT	KOR
RUS	ROU	RUS	RUS	RUS
SKN	SEN	SEN	SEN	SEN
THA	TUR	TUR	UKR	UKR
USA	USA	USA		

WON GOLD MEDAL IN U60AGE PAIR POOMSAE AT SELECTION TRIAL AT NASIK
MASTER ASHOK KUMAR LENKA, TAMILNADU & MASTER SABITRI PRADHAN, SIKKIM
AT CHAMPIONS OF CHAMPION , NASIK ON 22 SEP 2024



Sikkim's Sabitri Pradhan and IAF Veteran Ashok Kumar Lenka Selected for World Taekwondo Senior Poomsae Championship 2024



SELECTED FOR WORLD CHAMPIONSHIP AT HONGKONG

INDIA TAEKWONDO TEAM SELECTION LETTER



**INDIA TAEKWONDO TEAM FOR HONG KONG WORLD
TAEKWONDO POOMSAE CHAMPIONSHIP**



**ATU CAMP AND WORLD CHAMPIONSHIP CAMP 2
BY INDIA TAEKWONDO**



INDIA TAEKWONDO

MEMBER OF : WORLD TAEKWONDO (WTF, WTF-ASIA,
INDIAN OLYMPIC ASSOCIATION(INDIA))

Date: 22nd October, 2024
Mumbai.

To,
Ashok Kumar Lenka
Recognized Pair U-40
Tamilnada

Dear Ashok Kumar Lenka,

Greeting from the India Taekwondo,

This is to inform you that you have been qualified for the India Taekwondo team to participate in upcoming Hong Kong 2024 World Taekwondo Poomsae Championships.

Hong Kong 2024 World Taekwondo Poomsae Championships which is going to be held Hong Kong, China from: 27th November 2024 to 06th December 2024.

Sincerely Yours,

Abhishek Dhamal, Secretary
General, India Taekwondo



403, Timmy Arcade, Makwana Rd. Near Marol Naka, Metro Station,
Andheri (East)- Mumbai, 400059.
Ph:- 022 40056125, Email:- indiatatekwondo2020@gmail.com

SEND OFF OF TEAM INDIA AT NEW DELHI ON 27 NOV 2024



**WORLD TAEKWONDO
POOMSAE
CHAMPIONSHIP-2024
HONKONG-
30 NOV TO 04 DEC**





HONG KONG 2024

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS

SENIOR TEAM

RECOGNISED PAIR POOMSAE U60 AGE CAT



Ashok Kumar Lenka



Sabitri Pradhan



Slide Show

Resume Slide Show



Ugan Gureng Individual U-30 Male	Rugen Bayar Individual U-30 Female	Mamyun Kurnia Individual Male U-40 Male Team U-50	Harsha Singh Individual Female U-40 Female Team U-50
Ganga Ram Pandey Individual Male	Tishak Subba Individual Male U-40 Male Team U-50	Subir Pradhan Individual Female U-40 Female Team U-50	Babu Valsu Maragath Individual U-40



Debodutta Bary Male U-20 Para	Eritin Mahata Female U-20 Para	Yuganesh Joshi Male U-20 Para	Priyanka Samkhya Female U-20 Para
Anandh Sumanan Lakshmi Male U-20 Para	Anandh Sumanan Lakshmi Male U-20 Para	Shashankumar Sumananaraj Male U-20 Para	Shashankumar Sumananaraj Male U-20 Para





HONG KONG 2024

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS

CADET TEAM



Harik Kalia
Individual Male/Recoignize Pair



Yashwan Singh
Female Individual



Suresh Dasi
Recoignize Pair



Kavya Choudhary
Recoignize Male Team



Kian Dasi
Recoignize Male Team



Rudra Khindore
Recoignize Male Team



Kalyan Shukla
Recoignize Female Team



Ravindra Jangam
Recoignize Female Team



Anurag Gurung
Recoignize Female Team

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HONG KONG 2024

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS

OVER - 17 FREESTYLE TEAM



Shivam Upadhyay
Freestyle Individual Male



Kalyan
Freestyle Individual Female



Shilpa Thapa
Freestyle Poomsae Pair



Dharmendra Singh
Freestyle Pair/Mixed Team



Aditya Singh
Freestyle Mixed Team



Jyoti Singh
Freestyle Mixed Team



Chingthangmei Chana
Freestyle Mixed Team



Vatsana Dasi
Freestyle Mixed Team

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HONG KONG 2024

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS

JUNIOR TEAM



Dulak Panyawar
Male Individual



Pooja Ramchandani
Female Individual



Mitha Khutani
Recoignize Pair



Mitha Khutani
Recoignize Pair



Rishi Sankhwar
Recoignize Male Junior Team



Mayuresh Nikam
Recoignize Male Junior Team



Ujjwal Phansalkar
Recoignize Male Junior Team



Jyoti Phukan
Recoignize Female Team



Laxmi Marjary
Recoignize Female Team



Bhargavi Sankar
Recoignize Female Team

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HONG KONG 2024

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS

U17 FREESTYLE TEAM



Prayag Jangir
Freestyle Individual Male



Tanisha Kakode
Freestyle Individual Female



Gagan Aggarwal
Freestyle Pair



Himanshi Jain
Freestyle Pair



Harish Gauda V
Freestyle Mixed Team



Harish Gauda V
Freestyle Mixed Team



Karthikumar M
Freestyle Mixed Team



Shrutika Jadhav
Freestyle Mixed Team



Adarsh Kumar
Freestyle Mixed Team



Pratham Suresh
Freestyle Mixed Team

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HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS OFFICIALS



John Victor. G
Coach



Abhishek Dubey
Coach



Premkumar Shrestha
Coach



Jyoti Pagare
Coach



Pempa Dalma Tamang
Coach



Pranav Nivangune
Trainer



Praveen Kumar N
Trainer



Rajan Singh
Trainer



Akansha



Goutham Lavakumar
Trainer



Maitri Gosar
Blackbeltkarnataka



SHRI NAMDEV SHIRGAONKAR
PRESIDENT, INDIA TAEKWONDO

TEAM INDIA AT HONG KONG



WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM PRACTICE AREA IN THE MORNING ON DAY1 - 30 NOV 2024



**PRESIDENT OF INDIA TAEKWONDO MR. NAMDEV WAS
ON STAND FOR ALL THE MATCH DAYS TO CHEER INDIAN CONTINGENT**



WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM COURT NO - 04



**U-60 PAIR — CHUNG-INDIA
MASTER DR ASHOK K LENKA
MASTER SABITRI PRADHAN**



**U-60 PAIR — HONG- AUSTRIA
MASTER TRAXLER
MASTER SEELOS**



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

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



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



SCORE BOARD COURT NO-4

ROUND1- POOMSAE- TAEBAK/ ROUND 2- POOMSAE JITAE

Day 1 Competition progress of Hong Kong 2024 World Taekwondo Poomsae Championships day 1 18-20

1:30	Quarterfinals Female Under 60	R1	R2	TOTAL	RESULT
130	KIM YEON-BU				
	JO LEE SOO MI				

1

131	SF Under 60		MARTINEZ BLANCAT M.I.	REIMANN HEEKYUNG	Share
132	SF Under 60		ADAMS ELVA		

1:30	Semifinals Male Team Junior	R1	R2	TOTAL	RESULT
	DUONG/PHAM/NGUYEN				

2

248	F Junior		TAN/CHOI/CHO		
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ROUND1-IND-7.12 AUT 7.9 – ROUND2 – IND-7.0 AUT 8.0

0:23	Semifinals Male Team Over 60	R1	R2	TOTAL	RESULT
331	LARKIN/POURTAHERI/PEJIC	7.860	7.840	7.850	
	ARANA/LEIVA/MACCHI	7.480	7.880	7.580	

3

332	Over 60		SCHEMBRI/CHIANG/THORPE	GHLIN	USA
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0:33	Quarterfinals Pair Under 60	R1	R2	TOTAL	RESULT
429	PRADHAN/LENKA	7.120	7.000	7.060	
	TRAXLER/SEELOS	7.900	8.000	7.950	WIN

4

427	Under 60		PIERI/NEGUS	EMI/CHAN	CAN
428	Under 60		KUDWISAI/INKAEW	IANN/BUSSMANN	GER
429	Under 60		PRADHAN/LENKA	TRAXLER/SEELOS	AUT

FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

429	QF Under 60		PRADHAN/LENKA	TRAXLER/SEELOS	
430	QF Under 60		ONG/THOMPSON	KAZEMI/CHAN	
431	SF Under 60		PIERI/NEGUS	REIMANN/BUSSMANN	

427	QF Under 60		PIERI/NEGUS	OTA/ISHIHARA	
428	QF Under 60		KUDWISAI/INKAEW	REIMANN/BUSSMANN	
429	QF Under 60		PRADHAN/LENKA		

SCORE BOARD COURT NO-4

ROUND1- POOMSAE- TAEBAK/ ROUND 2- POOMSAE JITAE

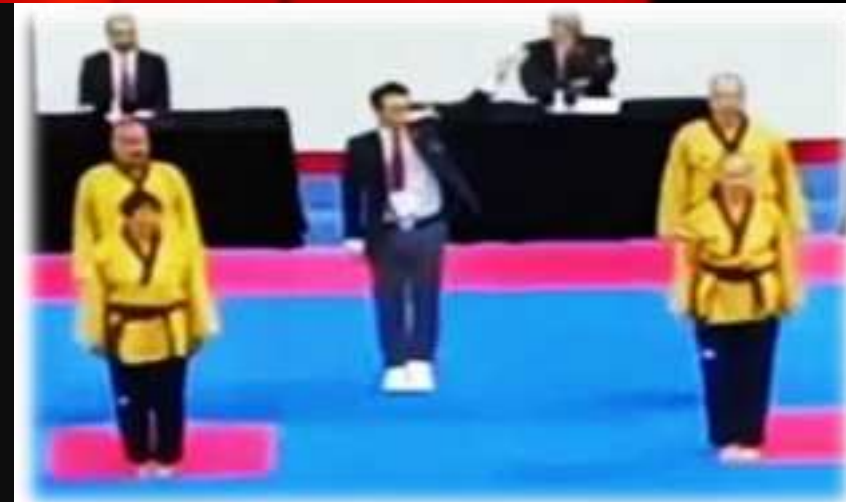
ROUND1-IND-7.12 AUT 7.9 – ROUND2 – IND-7.0 AUT 8.0

MATCH NO 429

0:33	Quarterfinals Pair Under 60		R1	R2	TOTAL	RESULT
429	 IND	PRADHAN/LENKA	7.120	7.000	7.060	
	 AUT	TRAXLER/SEELOS	7.900	8.000	7.950	WIN

4

FINAL SCORE
IND-7.06 AUT – 7.95
WINNER AUSTRIA



**WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM
EVENT DAY1 RECOGNISED PAIR POOMSAE U60
MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024**



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60

MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024

5TH POSITION IN THE WORLD CERTIFICATE



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60

MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024

PARTICIPATION CERTIFICATE



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

WORLD CHAMPIONSHIP HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60

MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024

5TH POSITION IN THE WORLD CERTIFICATE



APPRECIATION BY Mr NAMDEV SHIRGAONKAR, PRESIDENT INDIA TAEKWONDO

PRIDE OF INDIA

Taking Flag Beyond The Borders



WORLD CHAMPIONSHIP EVENT AT HONGKONG COLLIGIUM



**APPRECIATION BY HOME LAND BHADRAK EXSERVICEMEN ASSCIATION AT ESM
ANNUAL DAY BY SHRI AVIMANYU SETHI, HUNARABE MP BHADRAK & SHRI
SITANSHU SEKHAR MOHAPATRA, MLA, BHADRAK, ODISHA**



BEST WISHES FROM MY HOME LAND HONURABLE MLA SHRI SITANSU SEKHAR MOHAPATRA, BHADRAK, ODISHA

< Sitansu Sekhar Mohapatra Q

Posts About Videos Photos

 Sitansu Sekhar Mohapatra is with DrAshok Kumar Lenka. ...

1d · 🌐

ଉତ୍କଳ ଜିଲ୍ଲା ତଥା ରାଜ୍ୟ ତଥା ଦେଶର ଗର୍ବ ଆପଣ
ଡ଼ା. ଅଶୋକ ଲେଙ୍କାଙ୍କ ନାମ ନିଶ୍ଚୟ ସଭିଙ୍କ ମୁହଁରୁ ଶୁଦ୍ଧିତ ଭାରଣ ଆମ
ଅଞ୍ଚଳର ଗୌରବ..... Hong Kong ଠାରେ ଆୟୋଜିତ ବିଶ୍ୱ ଟାଇକ୍ୱାଣ୍ଡୋ
ଚମ୍ପିୟନଶିପରେ ଭାରତକୁ ପ୍ରତିନିଧିତ୍ୱ କରିବାକୁ ମନୋନୀତ ହୋଇଥିବାରୁ
ଆପଣଙ୍କୁ ଅନେକ ଶୁଭେଚ୍ଛା ଓ ଅଭିନନ୍ଦନ.....ପ୍ରଭୁ ଜଗନ୍ନାଥ ଆପଣଙ୍କ ସ୍ୱପ୍ନ
ସାକାର କରିବା ସହିତ ତଥା ପଥ ଦୁଗୁନିତ କରିବୁ ଏତିକି କାମନା

You are the pride of Bhadrak district as well as the state as well as the nation

। ଡ. Ashok Lenka's name will definitely be heard from everyone because he is the pride of our region.....
Many best wishes and congratulations to you for being selected to represent India in the World Taekwondo Championship held at Hong Kong..... May Lord Jagannath fulfill your dreams and make your path beautiful, this is my wish

[Rate this translation](#)



DrAshok Kumar Lenka

5h · 🌐

Thank you Sir **Sitansu Sekhar Mohapatra** for your kind words. I love **#bhadrak** and am proud to be Bhadrakia.



Sitansu Sekhar Mohapatra is with DrAshok Kumar Lenka.

1d · 🌐

You are the pride of Bhadrak district as well as the state as well as the nation



APPRECIATION FROM MY HOME LAND

SHRI SITANSHU SEKHAR MOHAPATRA, MLA, BHADRAK, ODISHA



**FELICIATION BY Mr. S.M NASAR,
HONORABLE MINISTER FOR MINORITIES AND NON RESIDENT
TAMIL WELFARE, GOVT OF TAMILNADU**



HAWRANG ACADEMY FELICITATING THE MINISTER



HONOURABLE MINISTER FELICITATING MASTER ASHOK K LENKA



SHARING THE WORLD CHAMPIONSHIP BOOK LET BY Mr NAMDEV SHIRGAONKAR, PRESIDENT INDIA TAEKWONDO



APPRECIATION BY Mr NAMDEV SHIRGAONKAR, PRESIDENT INDIA TAEKWONDO

WORLD CHAMPIONSHIP HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60

MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024

5TH POSITION IN THE WORLD CERTIFICATE



APPRECIATION BY MR MEGANATHAN REDDY, IAS MEMBER SECRETARY, SDAT



**THE
LEGENDARY FILM
DIRECTOR
PA RANJITH
CONGRATUALTES
THE CHAMPION
AT HIS RESIDENCE**

FELICITATION BY VETERANS INDIA



VETERANS INDIA (सभी देशभक्तों को इस ग्रुप में शामिल करें)



Most relevant

Binay Mishra is with Veterans Club Odisha and 8 others.
Admin · 40-star contributor · 6h · 🌐

Dear Dr. Ashok Kumar Lenka,

Heartiest congratulations on your selection to represent Team India in Taekwondo at the #WorldPoomsae Championship! Your dedication, resilience, and commitment to excellence have earned you this remarkable opportunity. It is an honor for all of us at Veterans India to see you carry forward the nation's spirit on the global stage.

As you head into the national training camp from 17th to 27th October in preparation for #HongKong2024, please know that you have the entire Veterans India family cheering for you. Your journey will undoubtedly inspire many, especially the young athletes looking up to you as a role model of discipline and patriotism.

Best wishes for an impactful performance at the championship! May you make our nation proud with your exceptional skills and sportsmanship.

Warm regards,

Dr. BK Mishra

Founder and National President, Veterans India



You, Chinmay Kumar, Ashok Mahanty and 17 others

101 comments

Felicitated by President Veterans India



Dr. Ashok Kumar Lenka is Selected
to Represent India at World Poomsae Championship Hongkong

BACK HOME FELICITATION BY VETERANS INDIA TAMILNADU CHAPTER

👉 Dr. Lenka, VISW National secretary has been felicitated by Dr.(Lion) Chandramohan TN PRESIDENT - VETERAN INDIA along with Advocate Balaji GEN.SEC TN VETERAN, and VP S S RAJAGOPALAN, on Dr Lenka being selected for Taekwondo World Championship to be held at Hongkong in the month of November 2024.



PRESIDENT DAVID CHADRAMOHAN, VICE PRESIDENT MR. RAJGOPAL SECRETARY MR BALAJI

CELEBRATING 35 YEARS OF ASSOCIATION WITH AFFWA, IAF

27TH AFA ANNIVERSARY



FELICITATION

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

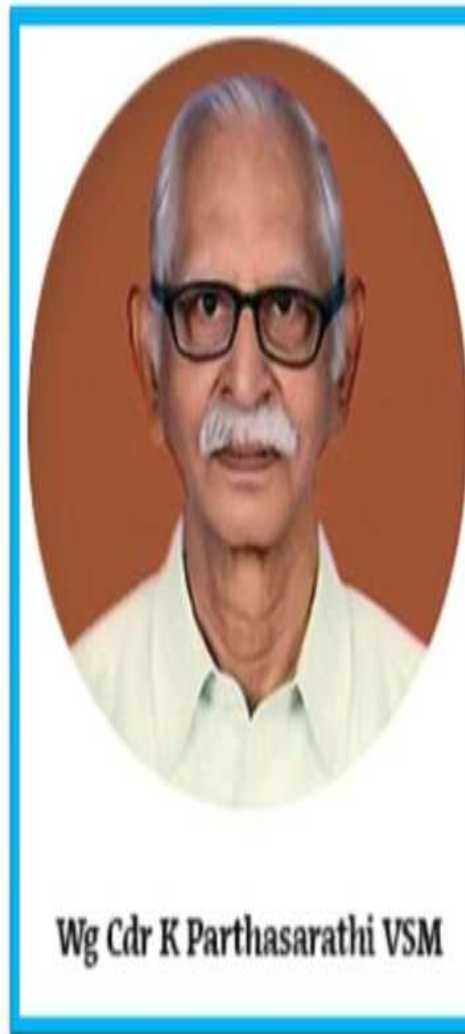
BEST WISHES FROM AFA AVADI



VICE PRESIDENT & SECRETARY

AIR FORCE ASSOCIATION, AVADI CHAPTER

BEST WISHES FROM EDITOR MITRON



Wg Cdr K Parthasarathi VSM

← V Veteran ... 📞 📷 ⋮

Not well sorry

Ok sir. Get well soon. I am leaving for world championship on 24 Nov so wanted to take your blessings. Anyway take care Sir

Wish you many more such laurels getting laurels at this sports very rare. You send a write up when is the function send picture with medal all the best . May Goddess kamatchi be with you to guide to success Partha

Thank you Sir

12:27 🌐

WG CDR K PARTHASARATHI, VSM

PUBLISHER & EDITOR MITRAN & FORMER VP AFA AVADI CHAPTER

FELICITATION BY BHARATH VIKAS PARISADA



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



TAKING WORLD CHAMPIONSHIP 5TH POSITION CERTIFICATE

FELICITATION BY EXSERVICEMENT ASSOCIATION MTTNAMALLI ON - 26 JAN 24



REPUBLIC DAY 2025

WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60

MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024

5TH POSITION IN THE WORLD CERTIFICATE







Tamil Nadu Taekwondo players met Thiru. J. Meghanatha Reddy I.A.S., Member Secretary, SDAT after winning 9 Medals (1 Gold, 2 Silver & 6 Bronze) at 4th National Cadet and Junior Taekwondo Championship 2025 at Dehradun, Uttarakhand

R. Janani (Junior Female: -42 Kg) has qualified for 13th Asian Junior Taekwondo Championships at Kuching, Malaysia

#NammaChampion #TalentSDAT #SportsTN

@SportsTN_ SportsTN_ Sports Tamil Nadu Sports Development Authority of Tamilnadu

APPRECIATION BY MR SIDDHESWARAN, SECY TAEKWONDO ASSOCIATION OF TAMILNADU

WORLD CHAMPIONSHIP HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60 MASTER DR ASHOK KUMAR LENKA - 30 NOV 2024 - 5TH POSITION IN THE WORLD



FELICITATED BY CHENNAI DISTRICT TKD ASSOCIATION, C/O TAT, TAMILNADU

**APPRECIATION FOR WORLD CHAMPIONSHIP ACHIEVEMENT
BY FOUNDER OF BHAGAT SENA
HOUNARABE SHRI SITANSHU SEKHAR MOHAPATRA, MLA, BHADRAK, ODISHA**





ଭଦ୍ରକର ଗୌରବ ଓ ଅଶୋକ ଲେଙ୍କା



डॉ. अशोक और सावित्री प्रधान भारतीय ताइक्वांडो टीम में चयनित
पहली बार 60 वर्ष आयुवर्ग की जोड़ी, ताइक्वांडो पूमसे की शुरुआत



Ashok Kumar Lenka and Sabitri Pradhan have been selected to represent India at the World Taekwondo Senior Poomsae Championship - 2024 in the Under-60

NEWS & WISHES



Ashok Kumar Lenka and Sabitri Pradhan

NEWS IN ODIA NEWS

ଭାରତ ବିକାଶ ପରିଷଦ ପକ୍ଷରୁ ସମ୍ବର୍ଦ୍ଧନା

ଭଦ୍ରକ, ୧୫ (ସମ୍ବାଦନା ରାଜ୍ୟ)-ଭାରତ ବିକାଶ ପରିଷଦ ପକ୍ଷରୁ ଭଦ୍ରକ ଓ ଆଖୋବି କୁମାର ଲୋକଙ୍କୁ ସମ୍ବର୍ଦ୍ଧନା ଦିଆଯାଇଛି । ୨୦୨୪ ଟାଏଲ୍ୟାଣ୍ଡ ଚାମ୍ପିୟନସ୍‌ସ୍‌ପରେ ଭାରତର ପ୍ରତିନିଧିତ୍ୱ କରି ସେ ପଞ୍ଚମ ସ୍ଥାନ ଲାଭ କରିଥିଲେ । ବର୍ତ୍ତମାନ ସେ ଅଷ୍ଟ୍ରେଲିଆ ଭାରତୀୟ ସେକ୍ରେଟାରିଆଟ୍ ଭେଟେରାନ ଇଣ୍ଡିଆ ଦାୟିତ୍ୱରେ ଅଛନ୍ତି । ସେ ବହୁମୁଖୀ ପ୍ରତିଭାର ଅଧିକାରୀ ହୋଇଥିବାରୁ ତାଙ୍କୁ ପରିଷଦ ପକ୍ଷରୁ ହୋଟେଲ ଫିଟ୍ ରେସିଟେନ୍ସି ସମ୍ମାନ ଜଣେ ପ୍ରତିଭାବଳୀ କାର୍ଯ୍ୟକ୍ରମରେ ସମ୍ବର୍ଦ୍ଧିତ କରାଯାଇଛି । ତାଙ୍କ ପରି ମହାନ ବ୍ୟକ୍ତିତ୍ୱ ପାଇଁ ଭଦ୍ରକ ମାଟି ଗର୍ବିତ ବୋଲି ପରିଷଦ ପକ୍ଷରୁ କୁହାଯାଇଛି । ପରିଷଦର ଉପଦେଷ୍ଟା ଡ. ରାମଚନ୍ଦ୍ର ପଣ୍ଡା, ପ୍ରତାପ ପୁରୀ, ବିଭୁକଳ୍ୟାଣ ସ୍ୱାଇଁ, ଅର୍ପିତା ମହାନ୍ତି, ଗୋବିନ୍ଦ ରାଉତ, ଶରତ ପଣ୍ଡିଆରୀ, ମନୋଜ ରାୟ, ସଞ୍ଜୀବ ମହାନ୍ତି, ପୁରୁଷୋତ୍ତମ ମହାନ୍ତି, ତିରାମଣି ଶେଖ ପ୍ରମୁଖ ସମ୍ବର୍ଦ୍ଧନା କାର୍ଯ୍ୟକ୍ରମରେ ଉପସ୍ଥିତ ଥିଲେ ।



ଶ୍ରୀଲଙ୍କା ଡାଇବିଙ୍ଗ୍‌ସୋ ସିନିୟର ପୁରସେ ଚମ୍ପିଆନସିପ୍ ପଞ୍ଚମ ସ୍ଥାନରେ ଅଶୋକ-ସାବିତ୍ରୀ ଯୋଡ଼ି

ଭଦ୍ରକ, ୨୭ (ସମ୍ବାଦନା): ଶ୍ରୀଲଙ୍କା ଡାଇବିଙ୍ଗ୍‌ସୋ ସିନିୟର ପୁରସେ ଚମ୍ପିଆନସିପ୍ ପାଇଁ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ୱ କରିଥିବା ଅଶୋକ କୁମାର ଲୋକା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନଙ୍କ ଯୋଡ଼ି ବିଶ୍ୱର ପଞ୍ଚମ ସ୍ଥାନ ଅଧିକାର କରିଛନ୍ତି । ଏହି ଯୋଡ଼ି ୬୦ ବର୍ଷରୁ କମ୍ ବୟସରେ ଅନ୍ତର୍ଜାତୀୟ କ୍ରୀଡ଼ାରେ ଭାଗନେଇ ଉପସ୍ଥାପନା କରିଥିଲେ । ଉପସ୍ଥାପନା କରିଥିଲେ ମେଟ ୬୮ଟି ଦେଶ ଓ ୧୫୦୦ରୁ ଅଧିକ ଆନ୍ତର୍ଜାତୀୟ ଶ୍ରୀମନ୍ତ୍ରୀଙ୍କୁ ଆକର୍ଷିତ କରିଥିଲେ । ସୁରମା ଆରବି, ଡ. ଲୋକାଙ୍କ ଘର ଭଦ୍ରକର ଏକ ଗୋପନୀୟ ଗ୍ରାମରେ । ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁସେନା ଅଧିକାରୀ । ବାୟୁସେନାରେ ଅବସର ଗ୍ରହଣ ପରେ ଡ. ଲୋକା ସଂପ୍ରତି ଚେନ୍ନାଇରେ ଅବସ୍ଥାନ କରୁଛନ୍ତି । ସେ ମଧ୍ୟ ସୋରସ ପର ଚେନ୍ନାଇକୁ ଇଣ୍ଡିଆ ଅନ୍ତର୍ଜାତୀୟ ଚମ୍ପିଆନସିପ୍ (ଏସ୍-ଏସ୍‌ସିଆ)ର ଜାତୀୟ ସ୍ତରରେ ଉପସ୍ଥାପନା କରିଥିଲେ ।

ଭଦ୍ରକ, ୨୭ (ସମ୍ବାଦନା): ଶ୍ରୀଲଙ୍କା ଡାଇବିଙ୍ଗ୍‌ସୋ ସିନିୟର ପୁରସେ ଚମ୍ପିଆନସିପ୍ ପାଇଁ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ୱ କରିଥିବା ଅଶୋକ କୁମାର ଲୋକା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନଙ୍କ ଯୋଡ଼ି ବିଶ୍ୱର ପଞ୍ଚମ ସ୍ଥାନ ଅଧିକାର କରିଛନ୍ତି । ଏହି ଯୋଡ଼ି ୬୦ ବର୍ଷରୁ କମ୍ ବୟସରେ ଅନ୍ତର୍ଜାତୀୟ କ୍ରୀଡ଼ାରେ ଭାଗନେଇ ଉପସ୍ଥାପନା କରିଥିଲେ । ଉପସ୍ଥାପନା କରିଥିଲେ ମେଟ ୬୮ଟି ଦେଶ ଓ ୧୫୦୦ରୁ ଅଧିକ ଆନ୍ତର୍ଜାତୀୟ ଶ୍ରୀମନ୍ତ୍ରୀଙ୍କୁ ଆକର୍ଷିତ କରିଥିଲେ । ସୁରମା ଆରବି, ଡ. ଲୋକାଙ୍କ ଘର ଭଦ୍ରକର ଏକ ଗୋପନୀୟ ଗ୍ରାମରେ । ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁସେନା ଅଧିକାରୀ । ବାୟୁସେନାରେ ଅବସର ଗ୍ରହଣ ପରେ ଡ. ଲୋକା ସଂପ୍ରତି ଚେନ୍ନାଇରେ ଅବସ୍ଥାନ କରୁଛନ୍ତି । ସେ ମଧ୍ୟ ସୋରସ ପର ଚେନ୍ନାଇକୁ ଇଣ୍ଡିଆ ଅନ୍ତର୍ଜାତୀୟ ଚମ୍ପିଆନସିପ୍ (ଏସ୍-ଏସ୍‌ସିଆ)ର ଜାତୀୟ ସ୍ତରରେ ଉପସ୍ଥାପନା କରିଥିଲେ ।





हांगकांग वर्ल्ड ताइक्वांडो पूमसे चैंपियनशिप-2024 में लिया हिस्सा लेंका साठ वर्ष से कम आयु वर्ग में हुए शामिल

पत्रिका न्यूज नेटवर्क
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चेन्नई. भारतीय वायु सेना आवडी, तमिलनाडु के ताइक्वांडो कोच मास्टर डॉ. अशोक कुमार लेंका ने भारत का प्रतिनिधित्व करते हुए हांगकांग वर्ल्ड ताइक्वांडो पूमसे चैंपियनशिप-2024 में 60 वर्ष से कम आयु वर्ग में हिस्सा लेकर इतिहास रचा है।

17 वर्ष से कम और इससे अधिक आयु वर्ग के पूमसे चैंपियनशिप एडव्ल्यूएस का आयोजन गत 30 नवंबर से 4 दिसंबर तक हांगकांग कॉलेजियम में हुआ। 30 नवंबर को अशोक कुमार लेंका और सवित्री प्रधान ने क्वार्टर फाइनल में ऑस्ट्रिया के ट्रैक्सलर और सीलोस के खिलाफ खेला लेकिन इस भारतीय जोड़ी को 0.8 के मामूली अंतर से हार का सामना करना पड़ा। दोनों ने राउंड 1 में ताएक्क पूमसे और राउंड 2 में जिता पूमसे से खेला। प्रथम राउंड में भारत को 7.2 और ऑस्ट्रिया को 7.9 अंक मिले। दूसरे राउंड में भारत को 7.02 और ऑस्ट्रिया को 8.0 अंक मिले। अंतिम स्कोर औसत 7.06 भारत और ऑस्ट्रिया 7.950 था।

हालांकि भारतीय जोड़ी हार

गई लेकिन उन्होंने अपना ही रिकॉर्ड तोड़ दिया और व्यक्तिगत सर्वश्रेष्ठ हासिल किया। इस चैंपियनशिप में कुल 78 देशों के 1550 से अधिक एथलीटों व 500 अधिकारियों ने भाग लिया है। इसमें भारतीय टीम विश्व में अमेरिका के बाद दूसरा सबसे बड़ा दल थी। इसलिए भारत को सक्रिय भागीदारी पुरस्कार से सम्मानित किया गया। इस चैंपियनशिप में प्रदर्शन ऐतिहासिक रहा। भारत को दुनिया के उभरते हुए पूमसे कलाकार और भावी चैंपियन के रूप में चुना गया।

पत्रिका

विस्तृत खबरें और
फोटोग्राफ्स के लिए देखें...

patrika.com

ସକାଳ

THE SAKALA

Bhadrak - 01 Dec 2024 - Page 14

ଝାର୍ଡୁ ତାଇକ୍‌ବୋକ୍ସ ପ୍ରତିଯୋଗିତାରେ ପ୍ରତିନିଧିତ୍ୱ କରିବେ ଅଶୋକ

ଭୁବନେଶ୍ୱର/ଭଦ୍ରକ, ୩୦।୧୨(ସମ୍ବାଦ): ରଞ୍ଜିତ ଓ ଅତୀତରେ ସେ ବିଭିନ୍ନ ନେଶ୍ନର ୩୦ରୁ ତିଷ୍ଠାନ୍ତର ୪ ତାରିଖ ପ୍ରତିଯୋଗିତାରେ ଭାର ନେଇ ସପକ୍ଷତା ପର୍ଯ୍ୟନ୍ତ ହେବାକୁ ଥିବା 'ଝାର୍ଡୁ ତାଇକ୍‌ବୋକ୍ସ' ବିନିୟମ ପୂର୍ଣ୍ଣ ସେ 'ଚାମ୍ପିଅନ୍‌ସିପ୍' ଅଶୋକ କୁମାର ଲେଙ୍କା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନ ଭାବରେ ପ୍ରତିନିଧିତ୍ୱ କରିବେ। ୨୦ ବର୍ଷରୁ କମ୍ ବୟସ ପ୍ରତିଯୋଗିତା (ଇଣ୍ଡୋ) ରେ ଅଂଶଗ୍ରହଣ ଲାଗି ଏହି ଯୋଡ଼ି ମନୋନୀତ ହୋଇଛନ୍ତି। ସୂଚନାଥାଉ କି, ଡ. ଲେଙ୍କାଙ୍କ ଘର ଭଦ୍ରକର ଏରେଇଁ ଡେଲୁଜିନିଡ଼ିଆ ଗ୍ରାମରେ। ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁସେନା ଅଧିକାରୀ। ତାଙ୍କିରୁ ଅବସର ନେବା ପରେ ଡ. ଲେଙ୍କା ସମ୍ପ୍ରତି ଚେନ୍ନାଇରେ ଅବସ୍ଥାନ କରିଛନ୍ତି। ତାଇକ୍‌ବୋକ୍ସରେ ଦୀର୍ଘ ୩୦ ବର୍ଷର ଅଭ୍ୟାସ ପାଇଁ ମନୋନୀତି ହେବା ପରେ ଭଦ୍ରକରେ ତାଙ୍କ ଶୁଭେଚ୍ଛ ମହଲରେ ଆନନ୍ଦ ପ୍ରକାଶ ପାଇବା ସହ ଏହା ଭଦ୍ରକ ପାଇଁ ଗୌରବର ବିଷୟ ବୋଲି କୁହାଯାଉଛି।



NATIONAL SPORTS NEWS – THE BRIDGE & KHEL PATH

विश्व ताइक्वांडो पूमसे चैम्पियनशिप में डॉ. अशोक लेंका दिखाएंगे जौहर



विश्व ताइक्वांडो पूमसे चैम्पियनशिप में डॉ. अशोक लेंका दिखाएंगे जौहर अरुणाचल की रूपा बायोर भी हांगकांग में करेंगी भारत का प्रतिनिधित्व खेलपथ संवाद नई दिल्ली। 30 नवम्बर से चार दिसम्बर तक होने वाली विश्व ताइक्वांडो पूमसे चैम्पियनशिप में प्रतिभाग करने भारतीय दल हांगकांग पहुंच चुका है। इस चैम्पियनशिप में 80 देशों के लगभग 1800 प्रतिभागी अपना कौशल दिखाएंगे। भारतीय दल में डॉ. अशोक लेंका और रूपा बायोर जैसे दिग्गज खिलाड़ी भी शामिल हैं। <https://khelpath.com/details.php?title=19062>



Two veterans set to represent India at the World Taekwondo Championships!!

Ashok Kumar Lenka and Sabitri Pradhan have been selected to represent India at the World Taekwondo Senior Poomsae Championship - 2024 in the Under-60 years age category.

This is the first time that World Taekwondo is holding competitions in the senior age categories Under-50 and Under-60.

The duo cleared trials and will now represent the nation in the Pair Poomsae event at World Senior Poomsae Championship, to be held at Hong Kong from 30th Nov to 4th Dec 2024.

Both have almost 4 decades of Taekwondo practice experience and are Kukkiwon Masters and International Taekwondo Medallist in Poomsae.

What's more Sabitri Pradhan is the Superintendent of Police, Sikkim.

#taekwondo



<https://www.facebook.com/share/p/19PaSCBct/>

Sports Home / Other Sports / News / India Make Huge Mark In Taekwondo Pair Over 100 Years Old Combined Qualify For World Championships

India Make Huge Mark In Taekwondo, Pair Over 100 Years Old Combined Qualify For World Championships

India qualified for the Poomsae category in the World Taekwondo Under-60 pair and group competitions.

NDTV Sports Desk | Updated: November 03, 2024 08:35 PM IST

Read Time: 2 min



Ashok Kumar Lenka and Sabitri Pradhan.

Ashok Kumar Lenka, Founder of Hawrang Academy & National Secretary General of Veterans India Sports & Sabitri Pradhan, Superintendent of Police, Sikkim are selected to represent India at World Taekwondo Senior Poomsae Championship - 2024 in Under-60 years age category. This duo will represent India in the Pair Poomsae event at World Senior Poomsae Championship, to be held at Hongkong from 30th Nov to 4th Dec 2024. National Trials were conducted by India Taekwondo at Divisional Sports Complex, Maok from 20th to 22 Sep 2024.

Both have almost 4 decades of Taekwondo practice experience and are Kukkiwon Masters and International Taekwondo Medallist in Poomsae. This rare achievement of representing India at the World Championship comes in the wake of World Taekwondo deciding to start some senior age categories Under-50 and Under-60 Pair and Group Competitions in the forthcoming World Championship at Hongkong. This is a first in the world, and a historical moment to represent the nation at such an event.

<https://sports.ndtv.com/ethersports/india-make-huge-mark-in-taekwondo-pair-over-100-years-old-combined-qualify-for-world-championships-0925746>

Poomsae in Taekwondo Sports is a set pattern of Taekwondo Attack and Defence movements designed in Kukkiwon, the headquarters for Taekwondo at South Korea. A total of 16 designated Poomsaes are there to master and showcase in the event. Total marks are given out of 10 marks. Accuracy carries 4 marks and presentation carries a total of 6 marks.

Further, 6 marks are being divided into three categories (i) Speed & Power-2 marks (ii) Rhythm & Tempo-2 Marks (iii) Expression of Energy-2 Marks. Pair Poomsae is an event comprising of 1 male and 1 Female of same age category who have to perform a designated poomsae together randomly selected by computer in competition.

Ashok Kumar Lenka is Veteran of Indian Air Force and a vivid sportsman and adventurer. Not only has he been a part of the Air Force Command Team, but he is also a qualified mountaineer who has climbed 11 mountain peaks in different ranges of Himalayas and practiced esoteric elements of martial arts over mountain; for which he was nominated for the Tenzing Norgay National Land Adventure Award from IAF. He hails from Bhadrak, Odisha and started his Taekwondo journey in 1989.

Sabitri Pradhan is presently an IPS officer who hails from the state of Sikkim.



ଭଦ୍ରକର ଗୌରବ ତ. ଅଶୋକ ଲେଙ୍କା

ଶ୍ରୀଲତ ତାଲକୋଣ୍ଡା ପ୍ରତିଯୋଗିତାରେ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ବ କରିବେ
ଭଦ୍ରକ, ୪ ଡିସେମ୍ବର: ନରେନ୍ଦ୍ର ମାଂରୁ ତିସେନ୍ଦ୍ର ୪ ତାରିଖ ପର୍ଯ୍ୟନ୍ତ ହାଙ୍ଗକୋଙ୍ଗରେ ହେବାକୁ ଥିବା 'ଶ୍ରୀଲତ ତାଲକୋଣ୍ଡା ସିନିୟର ପୁରୁଷ ଚାମ୍ପିଅନସିପ' ପାଇଁ ତ. ଅଶୋକ କୁମାର ଲେଙ୍କା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ବ କରିବେ। ୬୦ ବର୍ଷରୁ କମ ବୟସ ପ୍ରତିଯୋଗିତା(ଇଭେଣ୍ଟ)ରେ ଅଂଶଗ୍ରହଣ କରି ଏହି ଯୋଡ଼ି ମନୋନୀତ ହୋଇଛନ୍ତି। ସୂଚନା ଆଜକି, ତ. ଲେଙ୍କାଙ୍କ ଘର ଭଦ୍ରକର ଏରେଇ ଟେକ୍ସଟାଇଲ୍‌ସ୍ ଗ୍ରାମରେ। ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁ ସେନା ଅଧିକାରୀ। ତାଙ୍କରିରୁ ଅବସର ନେବା ପରେ ତ. ଲେଙ୍କା ସଂପ୍ରତି ଟେକ୍ସଟାଇଲ୍‌ସ୍ ଅବସ୍ଥାନ କରୁଛନ୍ତି। ତାଲକୋଣ୍ଡାରେ ଦୀର୍ଘ ୩୦ ବର୍ଷର ଅଭ୍ୟାସ ରଖୁଛନ୍ତି ଓ ଅତୀତରେ ସେ ବିଭିନ୍ନ ପ୍ରତିଯୋଗିତାରେ ଭାଗ ନେଇ ସଫଳତା ହାସଲ କରିଛନ୍ତି। ସେ ମଧ୍ୟ ହାବିରଙ୍ଗ ଏକାଡେମୀର ପ୍ରତିଷ୍ଠା ତଥା ଭେଟେରାନସ୍ ଇଣ୍ଡିଆ ଷୋର୍ଟସର ଜାତୀୟ ମହାସଚିବ ଅଛନ୍ତି। ତାଙ୍କ ସହ ମନୋନୀତ ହୋଇଥିବା ସାବିତ୍ରୀ ପ୍ରଧାନ ହେଉଛନ୍ତି ଜଣେ ସିନିୟର କ୍ୟାଡେଟର ଆଇପିଏସ୍ ଅଧିକାରୀ। ତ. ଲେଙ୍କା 'ଶ୍ରୀଲତ ତାଲକୋଣ୍ଡା ସିନିୟର ପୁରୁଷ ଚାମ୍ପିଅନସିପ' ପାଇଁ ମନୋନୀତ ହେବା ପରେ ଭଦ୍ରକରେ ତାଙ୍କ ଶ୍ରେଷ୍ଠ ମହଲରେ ଆନନ୍ଦ ପ୍ରକାଶ ପାଇବା ସହ ଏହା ଭଦ୍ରକ ପାଇଁ ଗୌରବର ବିଷୟ ବୋଲି କୁହାଯାଉଛି।



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BREAKING NEWS

Ashok Kumar Lenka and Sabitri Pradhan will represent India 🇮🇳 at the **#WorldTaekwondo** Senior Poomsae Championship - 2024 in the Under-60 years age category. 🎉👏

<https://www.facebook.com/share/1AeNBTNw6V/>

#Taekwondo #IndianSports
#AshokKumarLenka #SabitriPradhan

Sports Authority of India @topfans
Department of Sports, MYAS, Government of India Team India – in New Delhi.



WORLD TAEKWONDO SENIOR POOMSAE CHAMPIONSHIP - 2024

Ashok Kumar Lenka and Sabitri Pradhan have been selected to represent India at the World Taekwondo Senior Poomsae Championship - 2024 in the Under-60 years age category.

🎁 Send a gift 🎁

राजस्थान पत्रिका

05/11/2024 | Chennai | Page : 7
Source : <https://epaper.patrika.com/>

डॉ. अशोक और सावित्री प्रधान भारतीय ताइक्वांडो टीम में चयनित
पहली बार 60 वर्ष आयुवर्ग की जोड़ी, ताइक्वांडो पूमसे की शुरुआत

है और ये कुम्भीराव मार्टन और पूमसे में अंतर्राष्ट्रीय ताइक्वांडो पटल जीत चुके हैं। विश्व पैमिस्लीय में भारत का प्रतिनिधित्व करने को यह दुर्लभ उपलब्धि विश्व ताइक्वांडो द्वारा हासिल में अपनी विश्व पैमिस्लीय में कुछ खीट अनुभूति अंतर-50 और अंतर-60 जेडो और समूह प्रतियोगिता शुरू करने के निर्णय के मद्देनजर आई है। पैमिस्लीय में भारत का प्रतिनिधित्व करने के लिए चुन चुके हैं। यह जोड़ी अपनी 30 वर्षों में 4 विश्व तक हासिल में आयोजित होने वाले कई मैनिफेस्ट पूमसे पैमिस्लीय में पैमिस्लीय में भारत का प्रतिनिधित्व करने के लिए चुन चुके हैं। विश्व ताइक्वांडो द्वारा यह 20 से 22 सितंबर तक विश्वजल स्पोर्ट्स कॉम्प्लेक्स, नरिस में राष्ट्रीय टाउन आयोजित किए गए थे। इन दोनों चयनित सदस्यों को कोच 4 दास का ताइक्वांडो अभ्यास का अनुभव

05/11/2024 | Chennai | Page : 7
Source : <https://epaper.patrika.com/>

डॉ. अशोक लेंका और सावित्री प्रधान विश्व ताइक्वांडो में फहराएंगे परचम



नई दिल्ली। उम्र एक संख्या है। जिस इंसान में जोश-जुनून और कुछ हासिल करने की इच्छाशक्ति हो उसका बढ़ती उम्र भी बाल बांका नहीं कर सकती। दो जोखीली भारतीय राष्ट्रियपते ने खेल के क्षेत्र में कुछ ऐसा किया है जिसकी हर कोई तारीफ़ करते नहीं थक रहा। यह जोखीली राष्ट्रियपते हैं जांबाज डॉ. अशोक कुमार लेका तथा सिक्किम की जांबाज पुतिस अजीक्षक सावित्री प्रधान। यह भारतीय जोड़ी 30 नवम्बर से चार दिसम्बर तक हांगकांग में होने वाली वर्ल्ड सीनियर पूमसे चैम्पियनशिप में पेंपर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी।

प्राप्त जानकारी के अनुसार इटिया ताइक्वांडो द्वारा 20 से 22 सितम्बर तक डिबीजनल स्पोर्ट्स कॉम्प्लेक्स, नासिक में हुई चयन ट्रायल में हाबरंग अकादमी के संस्थापक और वेटरन्स इटिया स्पोर्ट्स के राष्ट्रीय महासचिव मास्टर डॉ. अशोक कुमार लेका और सिक्किम की पुतिस अजीक्षक मास्टर सावित्री प्रधान को 60 वर्ष से कम आयु वर्ग में विश्व ताइक्वांडो सीनियर पूमसे चैम्पियनशिप-2024 में भारत का प्रतिनिधित्व करने के लिए चुना गया है। यह जोड़ी 30 नवम्बर से चार दिसम्बर 2024 तक हांगकांग में आयोजित होने वाली वर्ल्ड सीनियर पूमसे चैम्पियनशिप में पेंपर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी।

इन दोनों खेल राष्ट्रियपते के पास लगभग चार दशक का ताइक्वांडो अभ्यास का अनुभव है। ये कुक्कीबोन मास्टर और पूमसे में अंतरराष्ट्रीय ताइक्वांडो पटक विजेता हैं। विश्व चैम्पियनशिप में भारत का प्रतिनिधित्व करने की यह दुर्लभ उपलब्धि विश्व ताइक्वांडो द्वारा हांगकांग में आयोजी विश्व चैम्पियनशिप में कुछ वरिष्ठ आयु वर्ग अंतर-50 और अंतर-60 जोड़ी और समूह प्रतियोगिताओं को शुरू करने के निर्णय के मद्देनजर आई है। यह वास्तव में दुनिया में पहली बार होने वाला आयोजन है, इसलिए ऐसे आयोजन में राष्ट्र का प्रतिनिधित्व करना ऐतिहासिक क्षण है जो दुनिया में पहली बार हो रहा है।

ताइक्वांडो स्पोर्ट्स में पूमसे, ताइक्वांडो आक्रमण और रक्षा अडोलनो का एक सेट पैटर्न है जिसे दक्षिण कोरिया में ताइक्वांडो के मुख्यालय कुक्कीबोन में बहुत पहले डिजाइन किया गया था। इस आयोजन में महारत हासिल करने और प्रदर्शन करने के लिए कुल 16 नामित पूमसेज मौजूद हैं। कुल 10 अंकों में से अंक दिए गए हैं। सटीकता के लिए 4 अंक और प्रजेंटेशन के लिए कुल 6 अंक हैं। आगे की प्रस्तुति 6 अंकों को तीन श्रेणियों में विभाजित किया जा रहा है। (A) गति और शक्ति -2 अंक (B) तप और रति -2 अंक (C) ऊर्जा की अभिव्यक्ति -2 अंक। जोड़ी पूमसे एक ऐसी प्रतियोगिता है जिसमें समान आयु वर्ग के एक पुरुष और एक महिला को शामिल किया जाता है, जिन्हें प्रतियोगिता में कम्प्यूटर द्वारा पाश्चिमात्य रूप से चुने गए निर्दिष्ट पूमसे को एक साथ प्रदर्शन करना होता है।

मास्टर डॉ. अशोक कुमार लेका भारतीय वायु सेना के अनुभवी और एक प्रतिभाशाली खिलाड़ी और साहसी व्यक्ति हैं। वह बचपन से ही चैम्पियन एथलीट रहे हैं और एयर फ़ोर्स कमांड टीम में थे। ताइक्वांडो की उनकी यात्रा वर्ष 1989 में ईएण्डआईटीआई, बैंगलोर में शुरू हुई, जब उनकी मुलाकात एयर पोड्डा प्रैठ मास्टर बाबू टी रघु से हुई। उनके मास्टर क्योरानी में भारत चैम्पियन थे और उन्होंने 1988 सिलोत विश्व चैम्पियनशिप में भारत का प्रतिनिधित्व किया था। अब तक डॉ. लेका ने अपनी सेवा के दौरान भारत के विभिन्न वायुसेना अड्डों पर लगभग 37 वर्षों तक ताइक्वांडो का अभ्यास और प्रशिक्षण दिया है।



साप्ताहिक खेल पथ

खिलाड़ साधना अभियन खतरा क्रिकेट प्रीम अंतराष्ट्रीय विद्या

31 जनवरी 2019 को भारतीय वायुसेना से जुड़ियर कमीन्ट अधिकारी के रूप में सौधिक सेवानिवृत्ति के बाद, वह वायु सेना स्टेशन अवटी, चेन्नई, तमिलनाडु में बस गए जहाँ वह वायुसेना परिवार कल्याण संगठन, वायुसेना स्टेशन अवटी के तहत रक्षा कर्मियों, उनके बच्चों और नगरिकों को ताइक्वांडो की कला की शिक्षा प्रदान कर रहे हैं और साथ ही आयुध सल फैक्ट्री अवटी, चेन्नई के कल्याण संगठन को भी शिक्षा रहे हैं। तमिलनाडु आईएफएफ अवटी में पिछले 15 वर्षों में उन्होंने अपनी हाबरंग अकादमी के लिए 10 हजार से अधिक पटक जीते हैं।

डॉ. अशोक लेका के शिष्य छात्र भारत की कैडेट और जुड़ियर टीम का भी हिस्सा बन रहे हैं। कई छात्रों ने ब्लैक बेल्ट, साई प्रमाणित कोच, अंतराष्ट्रीय/ राष्ट्रीय/ राज्य/ जिला/ एसजीएफआई/ केबी/ सीबीएसई/ विश्वविद्यालय पटक विजेता अर्जित किए। उन्होंने पिछले कुछ समय में दो लाख से अधिक लड़कों और लड़कियों को ताइक्वांडो और आत्मरक्षा सिखाई है। डॉ. लेका अपनी उपलब्धि का सारा क्रेड अपने गुरु के प्रशिक्षण और उनकी शिक्षा को देते हैं। प्रैठ मास्टर बाबू टी रघु 1980 के दशक के ताइक्वांडो इटिया चैम्पियन, एक अद्वितीय कोच रहे हैं। एक वायु पोड्डा के रूप में डॉ. लेका ने 1991 में वायुसेना आदमपुर, वायुसेना अलीपुर, वायुसेना एएफटीसी बैंगलोर, वायुसेना नात, राजस्थान, वायुसेना भुज, गुजरात और अंत में वायुसेना अवटी और उसके बाद वायुसेना कर्मियों और उनके बच्चों और नगरिकों को ताइक्वांडो का प्रशिक्षण देना शुरू किया। 2010 की बी-आरएस पड़ी पर तप हो गया।

डॉ. लेका राष्ट्र का गौरव, ताइक्वांडो अलीकमेट और हॉल ऑफ फेम पुरस्कार विजेता और भारत में सीईए के वाले कुक्किपन मास्टर हैं। वह विश्व ताइक्वांडो (तकपुटी) लेवल-4 क्योरानी और पूमसे कोच, नेशनल रेफरी और एशियन ताइक्वांडो पुनियन (एटीए) योग्य कोच भी हैं। वह एक योग्य पर्वतारोही हैं, जिन्होंने हिमालय की विभिन्न श्रेणियों में 11 पर्वत शिखरों पर चढ़ाई की और पहाड़ पर मार्शल आर्ट के गुरु लामो का अभ्यास किया, जिसके लिए उन्हें आईएफएफ की ओर से लेवेलिंग नॉर्न नेशनल लेड एडवेंचर आईई के लिए नामांकित किया गया था। वह भद्रक, ओडिशा के रहने वाले हैं, जबकि मास्टर सावित्री प्रधान वर्तमान में एक आईपीएस अधिकारी हैं, जो सिक्किम राज्य से हैं। हालांकि, मास्टर अशोक चेन्नई, तमिलनाडु में बसे हैं और तमिलनाडु राज्य से खेलते हैं। तमिलनाडु के ताइक्वांडो एसेसिएशन का समर्थन और सहयोग कालव में इन वर्षों में बहुत उत्साहजनक रहा है।

डॉ. अशोक कुमार लेका विश्व चैम्पियनशिप में भारत के लिए पटक जीतने के लिए जीतोड़ मेहनत कर रहे हैं। डॉ. लेका अपने छात्रदार करियर के लिए अपने माता-पिता, गुरु, पत्नी सजीवनी तथा पुत्र कलिया और आर्यन, भद्रक में भद्रयो और बहनो के सहयोग और समर्थन के आभारी हैं। वह अपने प्रशिक्षण में सहयोग के लिए भारतीय वायुसेना, अग्र्य वायुसेना परिवार कल्याण एसेसिएशन, स्थानीय वायुसेना अड्डों के विभिन्न कमांडरों का भी आभार मानते हैं। डॉ. लेका का कहना है कि सेवानिवृत्ति के बाद वायुसेना संघ अवटी और पूर्व सैनिक संघ द्वारा दिया गया समर्थन वास्तव में प्रशंसनीय था। पूर्व सैनिकों की पाटी की शुरूआत में विंग कमांडर पार्थसारथी, संपादक मित्रान, पूर्व सैनिकों की जांबाज के समर्थन का विशेष उल्लेख अतिशुभनीय था। डॉ. लेका आईएफएफ के ईएस28 बैच के साथी, दोस्त, रिफ्लेक्टर और हाबरंग अकादमी के सभी छात्र और उनके माता-पिता, खेलपथ के संपादक श्रीप्रकाश शुक्ला, राजस्थान पत्रिका के संपादक टीएल शर्मा, वेटरन्स इटिया स्पोर्ट्स विंग के चीफ मित्रा आदि का भी समय समय पर प्रोत्साहन के लिए आभार मानते हुए कहते हैं यह यात्रा प्रशंसनीय है तथा यह ही बस शुरूआत है।

रतटठ पारस

ପୁଣ୍ୟଭୂମିର ଅନୁଭୂତି ବଖାଣିଲେ

[illegible]

ମଧ୍ୟ ଶିଳା ଗଡ଼ ଅନୁରୂପ ବଞ୍ଚିଥିଲେ । ନିଗଲଗୋଡ଼
ଧଳା ମାଝି ପରିଗଣନା ସହ ଗଣିଧାର ଦିଗସ୍ଥ ସମ୍ପର୍କରେ
ବିଶ୍ୱାସୀ ଗଣିଥିଲେ । ଟ. ବିଲୁ ପ୍ରସାଦ ସ୍ୱାଇଁ, ଟ.
ଅଶୋକ କୁମାର ଲେଙ୍କା, ଲେନେନ, ପ୍ରମୋଦ କୁମାର
ଫା.ମନୋଜ କୁମାର ଆଦି, ସେଇ ଅବିଚଳ
ଭସି ମିଶ୍ର, ଯୁବ ଭବ୍ୟାକ୍ଷୀ ଚେତେନ୍ଦ୍ର ମହାନ୍ତି ଓ
ସୋପାନଗଡ଼ ଗୋଧୁପାଲ୍ ସମ୍ପର୍କରେ ବନ୍ଧୁତାପୂର୍ଣ୍ଣ ।
ଅନାଥ ଧାର, ଅନ୍ୟ ସିଦ୍ଧ ପରିଶ୍ରମୀ ଏବଂ ଶ୍ରାବଣ
ମିଶ୍ରଙ୍କ ସମ୍ପର୍କରେ ତତ୍ତ୍ୱ ଦୃଷ୍ଟି ବ୍ୟକ୍ତି ଉପସ୍ଥିତ ଥିଲେ ।

FELICITATION BY VETERANS CLUB OF ODISHA (VCO)



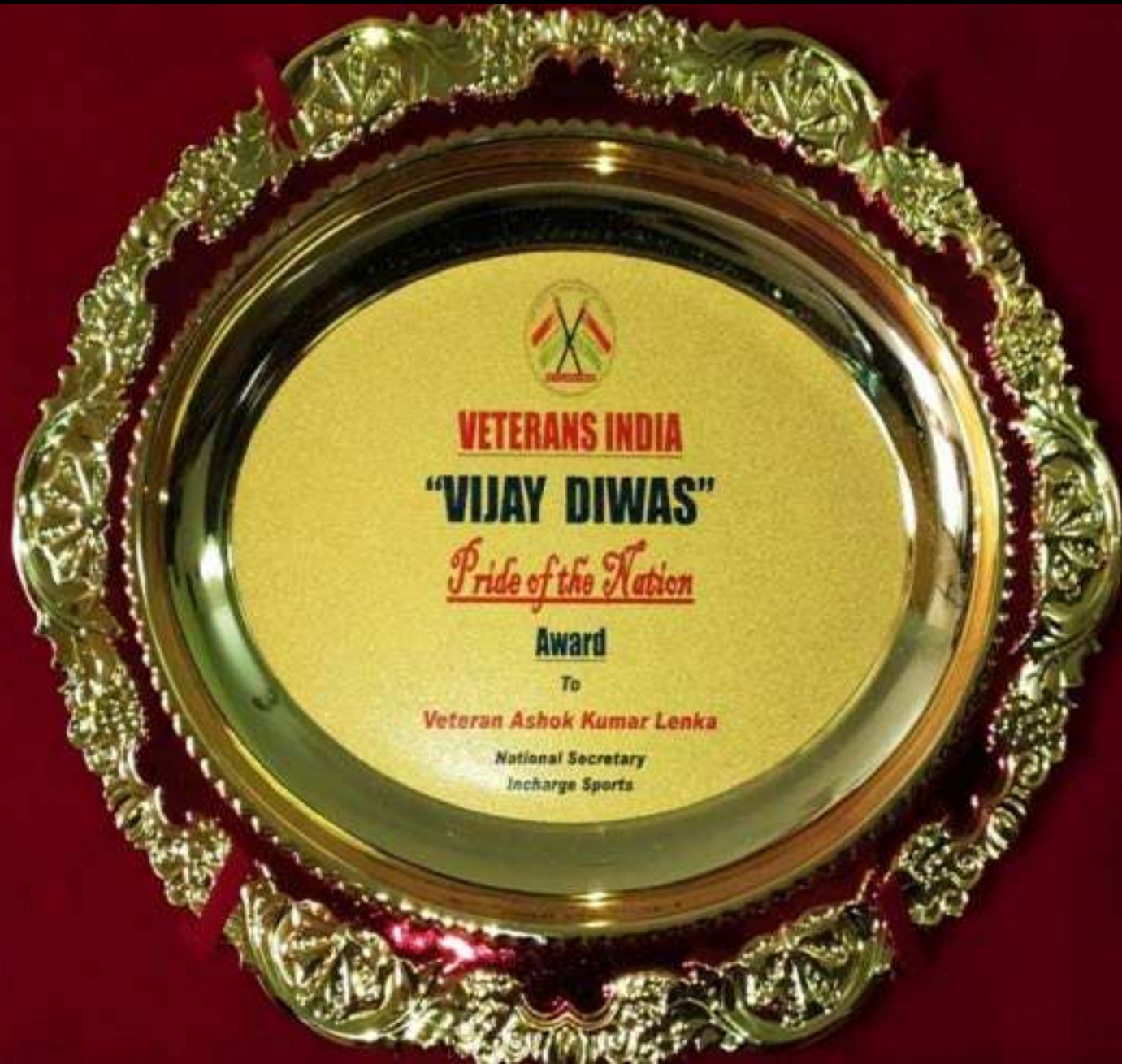
MY FAMILY MY INSPIRATION TAKING BLESSING BEFORE LEAVING FOR WORLD CHAMPIONSHIP



MY FAMILY MY LATE FATHER SHRI BHASKAR CH ENKA , MOM SMT LAXMI PRIYA LENKA
DR ASHOK K LENKA , SANJIBANEE SUDHA LENKA, KALINGA KUMAR LENKA, ARYAN KUMAR LENKA

AWARDS

NATIONAL AWARDS



CITATION FOR "PRIDE OF NATION"

VETERAN MASTER ASHOK KUMAR LENKA GETS VETERANS INDIA "PRIDE OF NATION" AT "VIJAY DIWAS"

On 15 Dec 2019, The Award "PRIDE OF NATION" was conferred on Veteran Master Ashok Kumar Lenka at "VIJAY DIWAS" celebration by VETERANS INDIA (A Tri-services Ex-servicemen Group) DG, NCC Auditorium Delhi Cantt. The Award was presented by Maj Gen GD Bakshi, VSM, SM.

Air Veteran, Ashok K Lenka has achieved this due his consistent hardwork and dedication. He took birth in the village named Tantalipada in Districts of Bhadrak Odisha. His Father Late Bhaskar Chandra Lenka was a Govt Servant and Social Worker and other Smt Laxmi Priya Lenka a House wife.

1. Yoga & Athletics: During his schooling he did Basic Yoga Course from Swami Siva Chidananda Saraswati through Divine Life Society. He was Champion in Athletics in school at KCB High School, Bhadrak College, DD College finally after he joined India Air Force on 19 July 1981 raised himself upto IAF Command level Athlete. Twice he got WAC command Color. Almost 10 years into Athletics.



2. Taekwondo & Martial Arts: During his training and EXITI, Bangalore Air force he started TAEKWONDO sports by inspiration of his Master Babu T Raghu. Before he became 1st Dan Black Belt in 1995, he started imparting Martial skills training to all people around his posted place. Last 30 years he has taught Taekwondo/ Martial Arts/ Fitness training at different Air Bases of India through AFWWA out of which 18 years in Avadi Air force, Chennai. He coached at Adampur Punjab, Awarantipur J&K, Bangalore Karnataka, Nal Jarashta, N, Bhoj Gopur finally Avadi Tamilnadu. He has introduced Self Defence for Cadets of AITC, taught Guard Force and Quick Reaction Team of IAF, J&K.

Adventure, Yoga & Fitness: Also imparted several self defense lecture, yoga and Aerobics to AFWWA, ladies clubs and corporate.

Alongside the job he did above fitness and adventure clubs till date. An essence of fitness with adventure weekends is trekking, cycling, Biking are all that he used to offer to everyone.



(A) International Achievements: Today he is a 6th DAN Taekwondo Black Belt, 2nd Dan Hapkido Black Belt, 3rd Dan Kenbudo Black Belt, 3rd DAN Judo Black Belt. He also is a qualified International Taekwondo Coach, from Asian Taekwondo Union, World Taekwondo Federation. He is also a qualified International Taekwondo Master Instructor from Kukkiwon, South Korea and also National Master Instructor from TFI and Olympic Coach Mr Paul Green and a National Referee.



Medal: One of at age of 52 he is putting behind event below BIKG Hero Cup and



(B) International Taekwondo
the biggest achievement is Master Ashok Kumar Lenka participated in poomsae +58kg category and bagged Gold Philippines as Silver and Nepal Bronze. He also won Bronze in Kyorugi (fighting) +58kg Master cat. So Master Ashok gets 1 Gold and 1 Bronze at International becomes Best Player at above 35kg Category of the tournament.



3. Mountaineering During his service in IAF apart from performing his duties and responsibilities he has qualified himself as mountaineer. He Basic Mountaineering Certificate from HMI, Darjeeling and Advance mountaineering Certificate from DMAS, Manali. and he has also climbed 11 mountain peaks in Himalayas. On these heights he has performed martial arts over these mountains along martialistic Buddhist Culture of L. UNGUN and



Details of Peak Climbed 1984-Sinda and Chibota Railash Expedition 4500m Flipped off by then Defence Minister George Fernandez. 1986-Mount Bhagirathi 22500m Flipped off by then sports minister Mohd wasukh. 2000-Peak Expedition 10500m Flipped off By Karnataka Government VS Ramadevi. Central Sports Minister Jagdish Singh Shindeka. Air Mohd IS 2001- Mount Badagaza Expedition - 10500m Flipped off by then Defence Minister George Fernandez. 2002- Mount Banda Chum Expedition 9500m Flipped off by Lok Sabha Speaker and ex-home minister Mr Shivaraj Patil. 2004-Mount Chandrabhaga 19000m, 2004 Mount PinParvati Expedition 19000m, 200-Mount Rekha 10500m at - 260, IAF Expedition to Mount Hasman Tibbet 6500m Flipped off by Director Adventure Cell, Mount Pashu - 15500m at DMAS Manali. Siachen Expedition trained at High Altitude Battle School, Shimla also in IAF-Mount Everest climber's potential list and camp conducted by Adventure cell. Due unavoidable problems he left the IAF mount Rest camp.



3. Educational Qualification Air Veteran, Ashok K Lenka, is qualified INMR Medial, MPED, BE, PUJMC, PUDCA Founder and Head coach of Hawrang Academy National Seminars charge Sports and Adventure for Veterans India.

4. Hawrang Academy Post retirement. After 31 Jan 2019 Veteran Ashok with his wife Smt Sanjibani Lenka has founded Hawrang Academy to contribute to Nation's development through the growth of younger generation in sports till the level of Olympic or Fitness. He also had adventure in the academy curriculum to nurture the young generation in adventure. Aim is to create adventurer till Mount Everest level, also a Hatha Yoga, Aroha and Samba Master too. Conducts class/ workshops for women Empowerment.

Awards & Appreciation He was nominated for Tenzing Norgay National Level Adventure Award from SWAC and IAF from 31 Sqn AF. He also was appreciated by commanders when in service academy was appreciated by AFJ&K Chapter India wellness work. AFA Appreciation proposed by Wg Cdr K Parthasarathy, President Avadi Chapter and presented by:

Mohd Vardhaman, PVSM, AVSM President AFA TH Chapter. Today he and his Hawrang Academy has received KMS membership from Kukkiwon Korea which is a rarest achievement in Taekwondo world. His academy & he is qualified impart Taekwondo education and all belts to the members.

5. Achievement by Academy He has produced many national and international players and champions in Taekwondo. Since the inception of Hawrang Academy Chennai, he contributed 13 International Players, International Medalist, 61 Medalists more than 50 Tamil Nadu Champions National Players in Taekwondo, National Gold Medalist, NIFT National Medalist and more than 50 Ex-CBI and Medalists. More than 100 State and District Medalists. More than 40 Sports scholarship holders. He has more than 100 Black students, 10 Referee and coachmaster. His both sons Master Kalanga Kumar Lenka and Aryan Kumar Lenka are 3rd Dan Black Belt and International Medalist and Player.



7. Veterans India National Secretary Sports and Adventure 15 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 vision of Nationalism and patriotism reach every corner of India through sports. With vision of Sports Talent Search, Affordable sports, Rise above federation casteism, using latest equipment of sports and patriotic and finally when the talent is found the talent to be nurtured through corporate and government funding. With thought he started the spread of sports and it was recently tested at Veterans India State Level Taekwondo Sports Championship at Dingiga Tamilnadu. The Championships went to a great success.



PRIDE OF NATION AWARD

Award "PRIDE OF NATION"
by Veterans India at VIJAY DIWAS Celebration



- **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**"

AWARD WITH DIGNITARIES



AWARD OF KUKKIWON WORLD TOP CLASS MASTER INDIA



**WORLD TOP RANK MASTER
BY WORLD TAEKWONDO
ACADEMY, KUKKIWON,
SOUTH KOREA**

**IT DOES
NOT MATTER
HOW SLOWLY
YOU GO**

SO LONG AS YOU DO NOT STOP

Cc: kukkiwon@gmail.com

Re: KUKKIWON-Selected as a Master

Thank you so much for the great news!
Really proud to associated with you. My
constant endeavour would be keeping up
the standards set by Kukkiwon wrt
taekwondo. It's my proud privilege to
uphold traditional taekwondo education
in India. Thanks for selecting me as Top
ranked Master. This will long way inspire
me to take taekwondo to new heights on
India.



국기원 인사

to kukkiwon, ...

Dear Respectful Kukkiwon Master,

First of all, we would like to sincerely appreciate your
continuous attention and cooperation toward the
beloved Kukkiwon.

KUKKIWON, World Taekwondo Headquarters, would
like to express respect and courtesy to all of you who
have dedicated yourself to the development of
Taekwondo despite these long-term difficulties
around the world.

It is my pleasure to inform you that you have been
selected as a "KUKKIWON Top Ranked Master". The
Kukkiwon Top Ranked Masters were selected among
those who have been cooperative with our new TCDN
system in 2022 and 2023. We have prepared a small
gift package in return for your favor and effort and it
is on the way to you at the moment.

We hope that the gift can make you have a joyful
season and wish you a Happy New Year. We would
like to ask for your continuous support and
cooperation in the future.

Once again, thank you for your devotion and hope you
can make an effort for the development of Kukkiwon
Taekwondo in the coming years as well.

Thank you

Sincerely yours

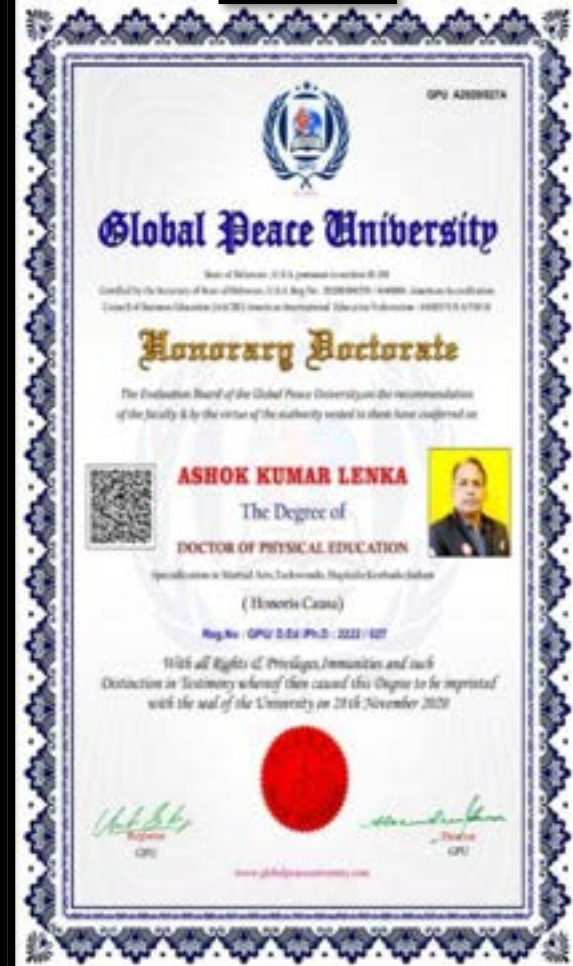
Mr. Jeongsoo KIM
International Team
KUKKIWON (World Taekwondo Headquarters)



AWARD OF KUKKIWON WOLRD TOP CLASS MASTER INDIA



AWARD OF HONOURARY DOCTORATE IN PHYSICAL EDUCATION/ MARTIAL ARTS IN MOUNTAIN BY GPU, USA



AWARD OF HONOURARY DOCTORATE IN PHYSICAL EDUCATION/ MARTIAL ARTS IN MOUNTAIN BY GPU, USA



वैश्विक शक्ति विश्वविद्यालय द्वारा हवाई एकेडमी के संस्थापक हैं और टेटरनस इंडिया लॉर्डस विंग (टीआईएसएलएल) के राष्ट्रीय सदस्य अशोक कुमार लेंका को लक्ष्मटाइम एवार्डमेंट अवार्ड से सम्मानित किया गया।



ଭଦ୍ରକ, ୧୮/୧୨ (ଓପ୍ର): ଚରିତ୍ର ନାଥ ରଥ ଓ ଚାରିଶରେ ଯୋଗେଇ ଚାକ ଗିରାଫ। ରୋଆରେ ରୋବାଇ ଶାନ୍ତି ବିଶ୍ୱବିଦ୍ୟାଳୟ ଭଦ୍ରକର ଅଶେଷ କୁମାର ଲେଙ୍କାଙ୍କୁ ସମ୍ମାନଜନକ ଡକ୍ଟରେଟ ପୁରସ୍କାର ପ୍ରଦାନ କରିଛନ୍ତି। ଶାରୀରିକ ଶିକ୍ଷା ଗପରେ ଏବଂ ଜାତୀୟ ଗୃହ ଜୀବନ ବ୍ୟାପୀ ସାଧନା ପୁରସ୍କାର ପ୍ରଦାନ କରିଛି। ସେ ବର୍ତ୍ତମାନ ହାତୀରଙ୍ଗ ଏକାଡେମୀର ପ୍ରତିଷ୍ଠାତା ତଥା ଲେଙ୍କୋନୁ ଉଦ୍ଘାଟନା ସ୍ୱାଗତ କରିବା ପାଇଁ ଗାଆଁ ଗ୍ରାମୀଣ ସମିତି ଅଛନ୍ତି। ଡକ୍ଟରେଟ ଓ ଏସ. ପୁରସ୍କାର ଚାକ୍ସ ଏହି ପୁରସ୍କାର ପ୍ରଦାନ କରିଛନ୍ତି। ଅନେକ ଶେଷ ବ୍ୟତୀତ ସେ ବିଶେଷ ଭାବରେ 'ପବିତ୍ର ଗପରେ ନାଶର ଆଶର ବିଭିନ୍ନ ପ୍ରକାରର ଏକାଡେମିକ କାର୍ଯ୍ୟକଳା' ଗପରେ ବିଶେଷ ଭାବରେ କାର୍ଯ୍ୟ କରିଛନ୍ତି।

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



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



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



05 दिसंबर, 2020 को, भद्रक, ओडिशा के अशोक कुमार लेंका, जो हवार्ड एकेडमी के संस्थापक हैं तथा वेड रेंस ऑफ इंडिया के माध्यम से वेड रेंस पेंटर के महासचिव मस्टर साइडर मोनेज कुमार शिंदरे के जिनगी टाउन हैं, जिन्होंने एक साथ बिस्व के ऑलिंपिक मास्टर द्वारा लई खाड़ी मार्शल आर्ट्स की कलाएं प्राप्त की थी और उन्होंने अपने मित्र को अवार्ड मिलने पर हादिक वषाई एवं शुभकामनाएं दी हैं। वेडरस इंडिया स्पॉर्ट्स डिव (VSD) के राष्ट्रीय सचिव हैं, जो हवार्ड ताज विद्यालय में मास्टर ऑफ़र्ट और फिजिकल एजुकेशन और राष्ट्रीय उत्कृष्टता Life time Achievement पुरस्कार से सम्मानित किया गया। मोनेज पीस यूनिवर्सिटी, वुडरस टाउन मोना। यह पुरस्कार माननीय न्यायमूर्ति के। स्वामीशुर्, मास्टर उद्यम न्यायालय के पूर्व न्यायाधीश, विधि अयोग के पूर्व सदस्य और राज्य मानवधिकार आयोग, तमिलनाडु द्वारा प्रदान किया गया।

जो एडुट टैकर, पंचराम मोनेज पीस यूनिवर्सिटी, तमिल किन्नम अभिनेता और जूनियर कॉलेज के चिलिपल की अलग मणि, महासचिव बीजेपी मोना मज्जन राजन किया लखे और सम्मोह के अतिथि की रोशन टैसाई, पुम लीडर बीजेपी मोना थे। मिस पचपल पोष, बीजिगु अभिनेत्री, मुली राजनीतिनी ब्रह्मकुमारी संतोष टोटी जो, मुल्य ब्रह्मकुमारियों मोना, महाराष्ट्र, तेलंगाना, आंध्र प्रदेश और पौडू कुमारा द्रविडी, सीएमटी वषुप चौंस वुप उपस्थित थे।

एवर वेडरस मास्टर अशोक कुमार लेंका, एक भारतीय राय मोना के वेडरन हैं जिन्होंने कागित वुड में भाग लिया और IAF इन्वेंडिअर और ऑपरेशन इन हाउस के रूप में जूनियर कमीशंड ऑफिसर के रूप में स्वीडिश सेवानिवृत्ति ली। रनवीर, एमपीईसी, बीई (आईएफए), पीजीएफएमसी, पीजीसीसी, और एमके वेडर 6 डैन लईकवाडी, 2 डैन हाफकिडी, 3 डैन केमवुडी (हुगन स्टार), 3 डैन सेलम (एड पोम) और वीर्य पर्वतारोही के रूप में व्यावसायिक योग्यता के रूप में वैश्विक योग्यता। लोक बलाइवर और मोनर टैकर। यह वेडरस इंडिया के 'प्राइड ऑफ मोनर' अवार्ड से सम्मानित थे, जो उन्हें विजय टैकर के अवसर पर वर्ष 2019 में कैंटीन रक्षा मंत्री श्री राजनरा सिंह द्वारा प्रदान किया गया था। लोक और मार्शल आर्ट के माध्यम से समाज में उनके बहुमुखी योगदान के लिए उन्हें वर्ष 2020 के वेडरस पदवी पुरस्कार के लिए भी नामित किया गया है। उन्हें वर्ष 2003 में 11 दिनांकी घोषियों पर प्रदान के लिए इंडियन एवर ओर (स्वाक) से रैनिजिंग मोरग मैशनल लीड एडिटर अवार्ड के लिए सम्मानित किया गया था और 1998 से 2008 तक इन पर मोनल आर्ट का कलात किया और घोषियों की ऊंकाई 15000 पीर से 21500 पीर तक की गई। यह दुनिया कीरिया के कुकीवीन सदस्यता फालो (किलोमीटर) का एक कुलीन विश्व गुरु है, और प्रतिष्ठित विश्व ताइक्वांडो अकादमी, दुनिया कीरिया से एक योग्य राष्ट्रीय मास्टर प्रशिक्षक और अंतराष्ट्रीय स्तरीय लेनी ताइक्वांडो मास्टर प्रशिक्षक हैं। उन्होंने एशियाई ताइक्वांडो लो से एक अंतराष्ट्रीय ताइक्वांडो कोष के रूप में कई राष्ट्रीय और अंतराष्ट्रीय पटक विजेता और खिलाड़ी का निर्माण किया है। भारत के कोष के रूप में उन्होंने कई अंतराष्ट्रीय प्रतिस्पर्धियों में भाग लिया, जिसमें से वल्लु जो 1 ट्वेंटीट हैं। उन्होंने ताइक्वांडो पोमसे और क्यूडो में कई बार राष्ट्रीय और अंतराष्ट्रीय पटक अर्जित किए हैं। उन्होंने 2020 तक टैगमजी को स्वर्ण पटक टैगमजी। यह राष्ट्रीय रेकोर्ड, योग, एलीक और सेलक विजेता टैकर हैं। कुल मिलाकर यह मोनल आर्ट और पहाड़ के अजुधो हैं। कई क्षेत्रों के अलावा उन्होंने विशेष रूप से इस विश्व पर बड़े पैमाने पर काम किया है 'पहाड़ पर मोनल आर्ट की विभिन्न प्रकार की गुरु गतिविधियों का प्रदर्शन' जो वुड के सबसे बड़े विषयों द्वारा अभ्यास किया गया था।



वैश्विक शांति विश्वविद्यालय ने किया माधव साहित्यिक कर सम्मान

नई दिल्ली: भद्रक, ओडिशा की हवार्ड एकेडमी के संस्थापक हैं और वेडरस इंडिया स्पॉर्ट्स डिव के राष्ट्रीय सचिव डॉ. अशोक कुमार लेंका को मास दिनांक हवार्ड ताज विद्यालय में मोनेज पीस यूनिवर्सिटी, वुडरस टाउन मोना द्वारा लई खाड़ी मार्शल आर्ट्स की कलाएं प्राप्त की थी और उन्होंने अपने मित्र को अवार्ड मिलने पर हादिक वषाई एवं शुभकामनाएं दी हैं। वेडरस इंडिया स्पॉर्ट्स डिव (VSD) के राष्ट्रीय सचिव हैं, जो हवार्ड ताज विद्यालय में मास्टर ऑफ़र्ट और फिजिकल एजुकेशन और राष्ट्रीय उत्कृष्टता Life time Achievement पुरस्कार से सम्मानित किया गया। मोनेज पीस यूनिवर्सिटी, वुडरस टाउन मोना। यह पुरस्कार माननीय न्यायमूर्ति के। स्वामीशुर्, मास्टर उद्यम न्यायालय के पूर्व न्यायाधीश, विधि अयोग के पूर्व सदस्य और राज्य मानवधिकार आयोग, तमिलनाडु द्वारा प्रदान किया गया।

एवर वेडरस मास्टर डॉ. अशोक कुमार लेंका भारतीय रायमोना के वेडरन हैं जिन्होंने कागित वुड में भाग लिया और IAF इन्वेंडिअर और ऑपरेशन इन हाउस के रूप में जूनियर कमीशंड ऑफिसर के रूप में स्वीडिश सेवानिवृत्ति ली। रनवीर, एमपीईसी, बीई (आईएफए), पीजीएफएमसी, पीजीसीसी और एमके वेडर 6 डैन लईकवाडी, 2 डैन हाफकिडी, 3 डैन केमवुडी (हुगन स्टार), 3 डैन सेलम (एड पोम) और वीर्य पर्वतारोही के रूप में व्यावसायिक योग्यता के रूप में वैश्विक योग्यता रखते हैं। उन्हें लोक बलाइवर और मोनर टैकर के रूप में भी पहचान हासिल है।

लेंका वेडरस इंडिया के 'प्राइड ऑफ मोनर' अवार्ड से सम्मानित हैं। उन्हें विजय टैकर के अवसर पर वर्ष 2019 में कैंटीन रक्षा मंत्री श्री राजनरा सिंह द्वारा प्रदान किया गया था। लोक और मार्शल आर्ट के माध्यम से समाज में उनके बहुमुखी योगदान के लिए उन्हें वर्ष 2020 के वेडरस पदवी पुरस्कार के लिए भी नामित किया गया है। उन्हें वर्ष 2003 में 11 दिनांकी घोषियों पर प्रदान के लिए इंडियन एवर ओर (स्वाक) से रैनिजिंग मोरग मैशनल लीड एडिटर अवार्ड के लिए सम्मानित किया गया था और 1998 से 2008 तक इन पर मोनल आर्ट का कलात किया और घोषियों की ऊंकाई 15000 पीर से 21500 पीर तक की गई। यह दुनिया कीरिया के कुकीवीन सदस्यता फालो (किलोमीटर) का एक कुलीन विश्व गुरु है, और प्रतिष्ठित विश्व ताइक्वांडो अकादमी, दुनिया कीरिया से एक योग्य राष्ट्रीय मास्टर प्रशिक्षक और अंतराष्ट्रीय स्तरीय लेनी ताइक्वांडो मास्टर प्रशिक्षक हैं। उन्होंने एशियाई ताइक्वांडो लो से एक अंतराष्ट्रीय ताइक्वांडो कोष के रूप में कई राष्ट्रीय और अंतराष्ट्रीय पटक विजेता और खिलाड़ी का निर्माण किया है। भारत के कोष के रूप में उन्होंने कई अंतराष्ट्रीय प्रतिस्पर्धियों में भाग लिया, जिसमें से वल्लु जो 1 ट्वेंटीट हैं। उन्होंने ताइक्वांडो पोमसे और क्यूडो में कई बार राष्ट्रीय और अंतराष्ट्रीय पटक अर्जित किए हैं। उन्होंने 2020 तक टैगमजी को स्वर्ण पटक टैगमजी। यह राष्ट्रीय रेकोर्ड, योग, एलीक और सेलक विजेता टैकर हैं। कुल मिलाकर यह मोनल आर्ट और पहाड़ के अजुधो हैं। कई क्षेत्रों के अलावा उन्होंने विशेष रूप से इस विश्व पर बड़े पैमाने पर काम किया है 'पहाड़ पर मोनल आर्ट की विभिन्न प्रकार की गुरु गतिविधियों का प्रदर्शन' जो वुड के सबसे बड़े विषयों द्वारा अभ्यास किया गया था।

यह दुनिया कीरिया के कुकीवीन सदस्यता फालो (किलोमीटर) का एक कुलीन विश्व गुरु है, और प्रतिष्ठित विश्व ताइक्वांडो अकादमी, दुनिया कीरिया से एक योग्य राष्ट्रीय मास्टर प्रशिक्षक और अंतराष्ट्रीय स्तरीय लेनी ताइक्वांडो मास्टर प्रशिक्षक हैं। उन्होंने एशियाई ताइक्वांडो लो से एक अंतराष्ट्रीय ताइक्वांडो कोष के रूप में कई राष्ट्रीय और अंतराष्ट्रीय पटक विजेता और खिलाड़ी का निर्माण किया है। भारत के कोष के रूप में उन्होंने कई अंतराष्ट्रीय प्रतिस्पर्धियों में भाग लिया, जिसमें से वल्लु जो 1 ट्वेंटीट हैं। उन्होंने ताइक्वांडो पोमसे और क्यूडो में कई बार राष्ट्रीय और अंतराष्ट्रीय पटक अर्जित किए हैं। उन्होंने 2020 तक टैगमजी को स्वर्ण पटक टैगमजी। यह राष्ट्रीय रेकोर्ड, योग, एलीक और सेलक विजेता टैकर हैं। कुल मिलाकर यह मोनल आर्ट और पहाड़ के अजुधो हैं। कई क्षेत्रों के अलावा उन्होंने विशेष रूप से इस विश्व पर बड़े पैमाने पर काम किया है 'पहाड़ पर मोनल आर्ट की विभिन्न प्रकार की गुरु गतिविधियों का प्रदर्शन' जो वुड के सबसे बड़े विषयों द्वारा अभ्यास किया गया था।

कमिशन में एडुट टैकर, पंचराम मोनेज पीस यूनिवर्सिटी, तमिल किन्नम अभिनेता और जूनियर कॉलेज के चिलिपल की अलग मणि, महासचिव बीजेपी मोना मज्जन राजन किया लखे और सम्मोह के अतिथि की रोशन टैसाई, पुम लीडर बीजेपी मोना थे। मिस पचपल पोष, बीजिगु अभिनेत्री, मुली राजनीतिनी ब्रह्मकुमारी संतोष टोटी, मुल्य ब्रह्मकुमारियों मोना, महाराष्ट्र, तेलंगाना, आंध्र प्रदेश और पौडू कुमारा द्रविडी, सीएमटी वषुप चौंस वुप उपस्थित थे।

ସିମ୍ବିଆ, (ଡି.ଏଲ୍.ଏ.): ଭବିଷ୍ୟତ ଜାତୀୟ ରାଜପଥକୁ ସିମ୍ବିଆ ପୋଲିସ୍ ଏବଂ ପିନ୍‌ହାସ୍‌ ଲୋକସଭା ଦେଖାଇ ଭାବେ ଚାଲାଇ ଦେଉଥିବା ୧୦ମ ଗୋରୁ ଉଦ୍ଧାର କରିଛି । ଉଦ୍ଧାର ଗୋରୁକୁ ପିନ୍‌ହାସ୍‌ ମଇତ୍ରାସ୍‌ରୁ ଗୁମାସ୍ତା ଗୋଷ୍ଠୀଙ୍କୁ ଫସାଇ କରିଛି । ଏହି ପିନ୍‌ହାସ୍‌ ଲୋକସଭାଙ୍କର ସମସ୍ତ ଜାତୀୟ ଗାଡି ଗାଡି ଗୋଷ୍ଠୀଙ୍କର ଗୋଷ୍ଠୀଙ୍କରୁ ଗୋଷ୍ଠୀଙ୍କର ଅବଧି ରଖି ଏକ ମାମଲା (ନଂ.୧୪/୨୧) ଗୁମ୍ଫା କରିଛି ।

ସଂକ୍ଷେପରେ

ସରିଲା ମିଳନମିଳନ

କାରିଗର ଅଫିସ୍, ୧୭୧୧: ମହାନଗର
ଫିଲ୍ମ ସାହସରଣୀ ଦୁଇଟି ସାହସରଣୀ
ଭାବେ ପରିଚିତ ନଗରୀୟ ମିଳନ
ପ୍ରାଙ୍ଗଣରେ କଳିଯୋଗ୍ୟ ସାହିତ୍ୟ ସମାଜ
ପକ୍ଷରୁ ୨୭ତମ ମଇମିଳନ ଭାବେ
ଉଦ୍ଘାଟିତ ହୋଇଯାଇଛି । ଭାବେ ପ୍ରସ୍ତୁତ
ସାହସରଣୀରେ ଅନୁଷ୍ଠିତ ସଭାରେ ମୁଖ୍ୟ
ଅତିଥି ଭାବେ ରୁନ ଅସିଷ ମହାନ୍ତି ସଂ-
ସୋଗ ନେଇଥିଲେ । ସମାଜର ଅତିଥି
ଭାବେ ଶିଳ୍ପର ବିଭିନ୍ନ ପ୍ରତିନିଧୀ ଏବଂ
ଶାଣ୍ଟି ହାତୀସ୍ତର ଭାରପ୍ରାପ୍ତ ପ୍ରାଙ୍ଗଣରେ
ଭାବେ ପ୍ରସ୍ତୁତ ମହାନ୍ତି, ବିଶାଳ କୁମାର ମହାନ୍ତି,
ମୁଖ୍ୟବକ୍ତା ଭାବେ ପରିଚିତ ଭାବେ ପ୍ରସ୍ତୁତ
ପକ୍ଷ ସୋଗରେ ବାଣିଜ୍ୟ ସାହିତ୍ୟ ପ୍ରତିନି-
'ମଇମିଳନ'କୁ ଗୋଷ୍ଠୀରେ କରିଥିଲେ ।
ଭାବେ ପ୍ରସ୍ତୁତ ନଗରୀୟ ସ୍ତର
ସମାଜର ସାହସରଣୀରେ ପରିଚିତ ସାହସରଣୀ
ସମାଜରେ ପରିଚିତ ହୋଇଯାଇଥିଲା ।

ଫେସ୍‌ବୁକ୍‌ରେ ମିଳନ
ପେଲ୍‌ ଯୁବକ ଗିରଫ

ଆରକ୍ଷି, ୧୭୧୧(ଡି.ଏଲ୍.ଏ.): ଭାବେ
ଫିଲ୍ମ ଧୂସ୍ରୀ ଆମ ଅଧାର ସାହସରଣୀ
ଶ୍ରୀ ରାମଚନ୍ଦ୍ର ମହାନ୍ତିଙ୍କ ନାମକ ଜଣେ
ଯୁବକଙ୍କୁ ଫେସ୍‌ବୁକ୍‌ରେ ସିଡ୍‌ ବିଶାଳୀ
ମହାନ୍ତି ଲେଖିବା ଅଭିଯୋଗରେ
ଗୋଷ୍ଠୀରେ ପରିଚାଳିତ ହୋଇଛି । ଗୋଷ୍ଠୀରେ

କ୍ରୀଡ଼ାର ବିକାଶ ଲକ୍ଷ୍ୟରେ ଅଶୋକ

ଭଦ୍ରକ ଅଫିସ୍, ୧୭୧୧

ଜିଲ୍ଲାରେ ପ୍ରତିନି ଦେଖେ ଯେ
କ୍ରୀଡ଼ାରେ ଜାଣିଥାନ୍ତି ଥିଲେ । ପରବର୍ତ୍ତୀ
ଦିନରେ ଜାତୀୟ କ୍ରୀଡ଼ା ପ୍ରତିନି
ଅଧିକ ବିକାଶ ହୋଇଥିଲା । ମାଗ୍‌ଲ
ଆର୍‌(ଟିଏଲ୍‌ଏଲ୍‌), ଗୋଷ୍ଠୀରେ,
ଜେନେରାଲ୍‌ ବାଟର ପର୍ବତାରେ,
ଆଧାରରେ, ଯୋଗ, ଆଧାରରେ, ପ୍ରତିନି
ଜାତୀୟ ଏବଂ ପ୍ରତିନି ପାଇଁ ଯେ
ଜାତୀୟ ପ୍ରତିନି ହୋଇଛି ପ୍ରତିନି ।
ଏବେ ଭଦ୍ରକ ଜିଲ୍ଲାରେ କ୍ରୀଡ଼ାର ବିକାଶ
କରି ଯେ ଆଶା କରିଛନ୍ତି । ଏଠାରେ ଏକ
ଏକାଡେମୀ ଗୋଷ୍ଠୀ ଗାଡି ମାଧ୍ୟମରେ
କ୍ରୀଡ଼ା ପ୍ରତିନି ମୁଖି କରିବାକୁ ଯେ ଲକ୍ଷ୍ୟ
ରଖିଛନ୍ତି । ସେହି ଭାବେ କ୍ରୀଡ଼ାରେ
ହୋଇ ଅଶୋକ କୁମାର ଲେଙ୍କା ।



ଅଶୋକ କୁମାର ଲେଙ୍କା ।

କ୍ରୀଡ଼ାରେ ପରିଚାଳିତ । ପ୍ରାଥମିକରେ
ଜିଲ୍ଲା ଗୋଷ୍ଠୀ ଗୋଷ୍ଠୀରେ
ହୋଇଛି । ଜେନେରାଲ୍‌ ଧାରଣାରେ
ଜିଲ୍ଲାରେ କ୍ରୀଡ଼ା ପ୍ରତିନି ପ୍ରତିନି
ଦେଖେ ଜାତୀୟ କ୍ରୀଡ଼ାରେ ଜାଣିଥିଲେ
ନିଶ୍ଚିତ । ଜାତୀୟରେ କ୍ରୀଡ଼ାରେ
ଗୋଷ୍ଠୀ ଦିନରେ ଗୋଷ୍ଠୀ ଗୋଷ୍ଠୀ

ଆରମ୍ଭ କରିଥିଲେ । ୧୯୯୮ ରୁ ୨୦୦୮
ମଧ୍ୟରେ ଯେ ଜିଲ୍ଲାରେ ବିଭିନ୍ନ ପାଳି
ଓ ଶୁଭ ଚର୍ଚ୍ଚା ପ୍ରତିନି ଅଧିକାରୀ
ହୋଇଛନ୍ତି । ୨୦୧୦ରୁ କ୍ରୀଡ଼ାରେ
ସେଇଥିରେ ଅବଦାନ ନେଇଥିଲେ ।
ଏକାଡେମୀ ବି ଗୋଷ୍ଠୀ କ୍ରୀଡ଼ାରେ
ପ୍ରବର୍ତ୍ତନ କରିଛନ୍ତି । ୨୦୧୮ ଡିସେମ୍ବର

୨୫ରେ ଯେ ଜେନେରାଲ୍‌ ଗୋଷ୍ଠୀ
ସମାଜର ଜାତୀୟ ପ୍ରତିନି(କ୍ରୀଡ଼ା
ଏବଂ କ୍ରୀଡ଼ାରେ) ଭାବେ ପ୍ରତିନି
ହୋଇଥିଲେ । ଗୋଷ୍ଠୀ ମାଗ୍‌ଲ
ଆର୍‌ରେ ପିନ୍‌ହାସ୍‌ ଗୋଷ୍ଠୀରେ
କ୍ରୀଡ଼ାରେ ବିଭିନ୍ନ ବିଭିନ୍ନ ଭାବେ
ପ୍ରତିନି । ମାଗ୍‌ଲରେ କ୍ରୀଡ଼ାରେ
'ପ୍ରାଙ୍ଗଣ ଅଫ୍‌ ନେଶନ୍' ପ୍ରତିନି ।
ପର୍ବତାରେ ପାଇଁ ଦକ୍ଷିଣ ପ୍ରତିନି
କ୍ରୀଡ଼ାରେ ନିର୍ଦ୍ଦେଶାବଳୀ ଏବଂ ଜେନେ-
ରାରେ ନାଶ୍‌ନାଲ୍‌ ଗୋଷ୍ଠୀ ଆଧାରରେ
ପ୍ରତିନି ପାଇଁ ମନୋନୀତ ହୋଇଛି
ଅଶୋକ । ଏକାଡେମୀରେ ଆଧାରରେ
ଗୋଷ୍ଠୀ ଗୋଷ୍ଠୀ ଭାବେ ପରିଚିତ ।
ବର୍ତ୍ତମାନ ଜେନେରାଲ୍‌ ଏକ ଏକାଡେମୀ
ଗୋଷ୍ଠୀ ୨୨ଟି କ୍ରୀଡ଼ାରେ ପ୍ରାୟ ୧୫
ଜଣରୁ ଗୋଷ୍ଠୀ କ୍ରୀଡ଼ାରେ ମୁଖି କରିଥିବା
ସେ ଜାଣି । ଗୋଷ୍ଠୀ ଗୋଷ୍ଠୀ ପାଇଁ ଯେ
କ୍ରୀଡ଼ାରେ ଭଦ୍ରକ ପ୍ରତିନି । ଏଠାରେ
ଏକ ଏକାଡେମୀ ଆରମ୍ଭ କରିବେ ।
ଜିଲ୍ଲାରେ ଅଧିକ କ୍ରୀଡ଼ାରେ ମୁଖି କରିବା
ସହ ରାଜ୍ୟରେ ପ୍ରତିନି ଗୋଷ୍ଠୀ
କ୍ରୀଡ଼ା ଗୋଷ୍ଠୀ ଯେ କରିଛନ୍ତି ।

ବିଦ୍ୟାଳୟ



ଗୁମ୍ଫା, ୧୭୧୧

ଜେନେରାଲ୍‌ ଗୋଷ୍ଠୀ
ଜେନେରାଲ୍‌ରେ ଥିବା
ଗ୍ରାମର ପ୍ରାଥମିକ
ପରିସରରେ ପିଲାଙ୍କ
ଅଭିଯୋଗ ହୋଇଛି ।
ପ୍ରାଥମିକରେ ଗୋଷ୍ଠୀ
ଦେଖେ ପରିସରରେ
ମଧ୍ୟ ଅଛି । ଜେନେରା-
ଲ୍‌ରେ କରିଥିବା ଦେଖେ
ନେଇ ପରିସର ଏବଂ
ନିଶ୍ଚୟ ଜାଣିବା ଦେଖେ
ବିଦ୍ୟାଳୟ ପରିସରରେ
ପରିସରରେ ଗୋଷ୍ଠୀ,
କ୍ରୀଡ଼ା ଓ ଅନ୍ୟାନ୍ୟ ଦେଖେ
ବିଦ୍ୟାଳୟ ପ୍ରତିନି



खेल पथ



स्लाइडर

कल दुनिया के 52 देशों में उमड़ेगा
देशप्रेम का ज्वार

25 Jun 2021

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खेल पथ

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खेलों को नई पहचान देगा वेटरंस इंडिया स्पोर्ट्स विंग

100. *State and protect*



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रंग लाएंगे संस्थापक अजयभूषी के, मिश्र और महासचिव डा. अशोक लोका के प्रयास

श्रीलङ्कान्तः सुकला

नई दिल्ली। वैटरन इंडिया सोर्टींग गिंग एक संस्था ही नई दिल्ली में और खेल-कौशलियों का देना मस है जिसके सहारे हम खेलों में नई योजना लाना चाहते हैं। वैटरन इंडिया के संस्थापक, अध्यक्ष विनय कुमार मिश्रा और महासचिव डा. अमोल कुमार लेखन वैटरन इंडिया सोर्टींग गिंग के माध्यम से खेलों में सुविधा और प्रदर्शन लाने का प्रयास कर रहे हैं। संस्था के प्रयास से ही देश का हर बच्चा खेलें, सब भी समानता का आनंद लेंगे। वे देश में खेलों के विकास का समन्वयन दिखाते ही नाराज कोशिशों के बीच वैटरन इंडिया प्रशिक्षण की बजाय राष्ट्र की सर्वोपरी मांगों की समझ कर रही है।

हमारी नई दिल्ली में हुए संघर्ष के साक्ष्य अद्यतन में अपडेट की. के. मिश्रा ने कहा कि वेटरन इंडिया राहु की हर समस्या के समाधान में योगदान देने को तैयार है। हमारे लिए अफिल नहीं राहु सर्वोपरि है। हम खेतों के माध्यम से न केवल स्वस्थ राहु के स्वास्थ्य को पुनः बनाने को प्रयत्नित हैं बल्कि देश को अनाज में रसुखद और राहुभक्ति को अनाज जगने को भी दिख-राह कराने को तैयार है। वेटरन इंडिया हर क्षेत्र की समस्या को लेकर किजमेंड है। हम वीटल सलाहकारों की टीम में भी नई अफिल लाने की दूरदर्शन कोशिश कर रहे हैं।

श्री मिश्र ने कहा कि खेलों से न सिर्फ मनोरंजन होता है बल्कि इनसे शारीरिक सक्रियता भी आती है। खेल हमें स्वास्थ्य प्रदान करने के लिए प्रेरित करते हैं। इसलिए खेलों के माध्यम से समाज में हुए हमें राष्ट्रीय स्तर पर बढ़ावा देने की कोशिश करना चाहिए। अध्यक्ष मिश्र कहते हैं कि खेलों में जीत नहीं प्राप्त करते हैं जोकि निराला रूप से अभ्यास करते हैं, ध्यान लगाने हैं एवं अभ्यास सफल रूप से करने के लिए काफी मेहनत करते हैं।

विदेश हिन्दुओं के महात्मयों आ. अलोक लेखक का कहना है कि खेल मनुष्य के अन्तर्गत जो ली बेहतर बनती ही है, साथ ही उसके अधिकार के बेहतर विमर्श भी करते हैं। खेल हमारे अन्दर अनुमानक के साथ-साथ देशप्रेमिक भी भावना भी जगाने लगते हैं। खेलों से व्यक्ति की सामर्थ्य-कर्म और शारीरिक क्षमता में वृद्धि होती है साथ ही उसके सामर्थ्यजनकता का भी ध्यान भी होता होता है। आ. लेखक ने विदेश हिन्दुओं के खेलों के प्रति जो दृष्टि रखता का अनुमान किया कि जो क्यों खेलों में अपना करियर बनाया चाहते हैं, उसे हमको प्रेरित करने वाला चाहिए और उनका प्रशंसा के साथ-साथ खेलों के प्रति रुचि के निर्माण में भी सहाय्य करनी चाहिए क्योंकि खेल का लक्ष्य हरिओम को हमारे जीवन का सदाय प्राण जगाने का काम करते हैं।

अतः, लेखक ने कहा कि पीछे की संस्करण हमारे समग्र ने जगत्प्रकाश में आ रही है, इससे वेटरन इतिहास की सीमाओं को पार कर हमारे को जगत्प्रकाश में है। हम प्राचीन भारत की खेल प्रथाओं को मोटाप्रतिष्ठ कर देना जो महाप्राप्ति बनाने का अनुकरणीय कार्य कर सकते हैं। खेल हमें एक ही पीढ़ी की बचाने के साथ ही हमारे अग्रज समुदायों को विचार देता है। वेटरन इतिहास की जड़ों तक है इससे महाप्राप्ति का अर्थोत्तर लेना ही के विचारों को विचार में समायोजित कर समग्र के सामने एक नवीन समायोजन करने की कोशिश कर रहे हैं।

विश्लेषण और संश्लेषण



INTERNATIONAL HALL OF FAME – HIGH RANGE BOOK OF AWARDS



AWARD & COMMENDATION

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



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

APPRECIATION BY GRAND MASTER SOUTH KOREA



Hawrang Academy

Govt. Registr. No. 1015/2014

Registered to Govt of India (Tamilnadu)

Affiliated to Taekwondo Federation of India (Thiruvallur, TN)



Mountain
Chang



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

태권도

하랑 아카데미 방문기
기원 하영하



Hawrang's Diary



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

Chang Seong Dong

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

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**



MAJOR ACHIEVEMENTS OF HAWRANG ACADEMY CHENNAI-4

HAWRANGS IN INDIAN NATIONAL TEAM- 2008-TILL DATE



Master Lokapradip
India team
Asian Championship-2023



Dr Ashok Kumar Lenka
India team
U60 pair poomsae
World Taekwondo Poomsae
Championship-2024



Miss Saksham Yadav
India team
Asian Championship-2023
Junior World Championship
Medalist-2024
Former Hawrang



Master Tejas Yadav
India team
Asian Championship-2023
World Taekwondo Virtual
Championship Medalist-2024
Former Hawrang

PUBLISHED IN VOICE OF EXCERVICEMEN "MITRAN"

Veterans Mitran November 2019

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 coaches and 40 scholarship awardees.



I was conferred the following two International titles.

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



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

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

NOMINATION TEZING NORGAY NATIONAL LAND ADVENTURE AWARD

MARTIAL ARTS IN 12 MOUNTAIN 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
27 SQUADRON AIRFORCE
C/O 58 APO

Date: 27/09/03

27 Sep 03
C/O 58 APO

07/01/04

27 Sep 03

HQ 58 AC, IAF
Chandigarh, India

TENZING NORGAY NATIONAL ADVENTURE AWARDS 687549 - SGT LENKA ASHOK KUMAR

1. Nomination is made in your Headquarters signed by HQ/AF dated 27 Sep 03.
2. Enclosed please find the nomination form filled in all respect along with the supporting documents (proof in support of the above mentioned facts) for above mentioned award as desired (vide over PG) signed (sic).

27 Sep 03

V/S Chandra
10.11
Age
26-11

[Signature]

TENZING NORGAY NATIONAL ADVENTURE AWARDS NOMINATION FOR LAND BASED ADVENTURE

A NAME: ASHOK KUMAR LENKA
B SEX: MALE
C FATHER'S NAME: SRI BHASKAR CHANDRA LENKA
D DATE OF BIRTH: 23 JUNE 1968
E ADDRESS: 27 SQN AF C/O 58 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 Bhadrachal Height: 22,624 ft	Union Sports Minister Mr. Murli Manohar & Director MS Ramaswami Institute of Technology Mr. MR. Srinani	Adventure Sports Association of India	27 Sep-15 Oct 99	Group Leader Incharge Video, Photography & Food.	On permission of IAF (Civil TID) Vide Air HQ(RKP) ADV/31 dtd 18 Aug 99	Climbed upto Advance Base Camp (15, 500ft). Team returned back due to adverse weather condition.
Shithdhar Peak Height: 19, 000 ft	Air Major J.S. Rai, AOC- in-C, Trip Command, Her Highness Mrs VS Ramadevi Governor of Karnataka & Union Sports Minister Mr Dattatraya Singh Dikshit	-	16 Aug-20 Sep 2000	-	On permission of IAF (Civil TID) Vide Air HQ(RKP) 294 dtd 26 Jul 2000 & ADV/31 dtd 28 Jul 2000	Summited the Peak Shithdhar (19, 000 ft)
Mount Rudrapur Height: 18, 125 ft	Union Defence Minister Mr. George Fernandez	-	02 Sep-25 Sep 01	-	On permission of IAF (Civil TID) Vide Air HQ(RKP) ADV/332 dtd 22 Aug 2001	Summited the Peak (18, 125 ft)
Mount Nanda Danda (21, 500 ft) Peak Nanda	Lieut. Sahib Singh Mr. Shri Singh	-	25 Aug-28 Sep 02	-	On Leave	Climbed upto ABC of (18, 00 ft) thereafter team returned back due to adverse weather condition.

NOINATION FOR TENZING NORGAY NATIONAL ADVENTURE AWARD-2003

(A) Trekking

Expedition	Institution	Year	Our	Designation	DUTY/LEAVE	Achievements
Himalayas						
Sirsa Pass	ASAI	1998	15 Days	Group Leader Incharge Video & Photography	On Leave	Sirsa Pass 19,500 ft, 169 KM
Wild Life						
Western Ghats	ASAI	1997	07 Days	Group Leader	On Leave	Summit 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 artist he spreads a sense of adventure among his fellow brothers and inspires the locality to maintain the best physical fitness to achieve "sound mind in a sound body". 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) "Vajranedra" (the supreme mind). He follows the foot steps of father of martial arts and eldest disciple of Lord Buddha Guru Buddhama".

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) & Karbudo (ZTKA)					
1.	1st Dan Black Belt	TF, India	1989	1996	Taekwondo
2.	Ind. Dan Black Belt	ZTKA, India	1996	1998	Karbudo (Weapon)
3.	Zen National Referee	ZTKA, India	-	1999	Taekwondo & Karbudo
4.	Zen National Instructor	ZTKA, India	-	2002	Taekwondo & Karbudo
Adventure					
Rock Climbing & Mountaineering					
1.	Basic Rock Climbing Course	HQ TRAINING COMMAND, IAF (ASAL, Bangalore)	24 Mar	10 Apr 2000	-

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

Sl No	Place	Authority	Year of Starting	Year of Closing	To Whom Imparted
1.	AFE Adampur	IAF	1990	1996	IAF Personnel, their Families & Civilians
2.	AFS Awaritpur	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 Nai	IAF	2001	2003	IAF Personnel & their families
7.	AFS Bhe	IAF	2003	Till Date	IAF Personnel & their families

(iii) A trained Cinematographer & Editor from Audio Visual Production Unit CIO Air Force Technical College. He was part of Film crew on production for more than 20 Films produced by AVPU on U-matic and Digital video editing console. With five experience and interest he was made in charge for Video & Photo team in all above expeditions mentioned in para H. The best film made by him were on Mount Bhadrachal & Sirsa Pass high altitude expeditions. He is an asset for adventure videography and editing.

P. OVERALL ASSESSMENT:

The performance of Sgt Lanka 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 Lanka 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 Lanka AK is strongly recommended for "Tenzing Norgay National Adventure Award" in field of Land Adventures.

Date: Oct 03

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

FELICITATION OF HAWRANG ACADEMY BY



FELICITATION OF HAWRANG ACADEMY BY INDIAN AIRFORCE



स्वतंत्रता दिवस पर मिला यह सम्मान बढ़ाएगा हीसला

खेलपथ संवाद

एवाड़ी। खेल के क्षेत्र में उत्कृष्ट सफलताएं हासिल कर रही हवरंग अकादमी के पदाधिकारियों को 79वें स्वतंत्रता दिवस पर एवाड़ी एयरफोर्स स्टेशन में आयोजित "एक शाम देश के नाम" कार्यक्रम में सम्मानित किया गया। एयर ऑफिसर कमांडिंग और प्रतिष्ठित एएफएफडब्ल्यूए (एल) के अध्यक्ष, छुप कैप्टन (सेवानिवृत्त) रचना शर्मा ने हवरंग अकादमी और उसके प्रमुख सदस्यों को सम्मानित करते हुए उनकी प्रशंसा की।

अकादमी के संस्थापक डॉ. अशोक कुमार लेंका, संजीबनी सुधा लेंका, प्रबंधक किरुबाकर जयारामन एवं कोच, रेफरी और खिलाड़ी मास्टर आर्यन कुमार लेंका को उनके विशिष्ट योगदान के लिए सम्मानित किया गया। एशियन कैडेट चैम्पियनशिप, लेबानन के प्रतिभागी मास्टर के लोकप्रदीप एवं राष्ट्रीय चैम्पियन मास्टर तेजस्वी गुप्ता को भी विशेष रूप से सराहा गया।

अकादमी के एएफएफडब्ल्यूए एवाड़ी के साथ 17 वर्षों और एएफएफडब्ल्यूए एयरफोर्स के साथ 35 वर्षों के लम्बी सेवा और उपलब्धियों को भी इस अवसर पर उच्चतम सम्मान मिला। साथ ही, मास्टर डॉ. अशोक कुमार लेंका ने 2024 हांगकांग विश्व चैम्पियनशिप में भाग लेकर पांचवां सर्वश्रेष्ठ पुरस्कार प्राप्त किया, जो अकादमी की अंतरराष्ट्रीय सफलता को दर्शाता है।

अकादमी के संस्थापक ने इस सम्मान को अपने संस्था के लिए गर्व का क्षण बताया और भारतीय वायु सेना का आभार व्यक्त किया, जिन्होंने उनके प्रयासों को मान्यता दी। यह सम्मान वायु सेना समुदाय और अकादमी के बीच गहरे संबंधों को मजबूत करता है। यह उपलब्धि राष्ट्रीय और अंतरराष्ट्रीय स्तर पर मार्शल आर्ट और खेलों में उत्कृष्टता की निरंतर खोज के लिए प्रेरणा बनी रहेगी।

On August 17, 2025, at Air Force Station Avadi, a prestigious ceremony named "Ek Sham Desh Ke Naam" was held as part of the 79th Independence Day Celebration. During this special Air Force event, Air Officer Commanding and President AFFWA (L) Gp Capt (Retd) Rachna Sharma honored Hawrang Academy, its founder Dr. Ashok Kumar Lenka, Mrs. Sanjibanees Sudha Lenka, Manager Mr. Kirubakar Jayaraman, and Coach, Referee, and Player Master Aryan Kumar Lenka.

Special recognition went to Asian Cadet Championship Lebanon participant Master K Lokapradip and National Champion Master Tejaswi Gupta, with both their recent and past achievements celebrated. The Academy's remarkable journey—spanning 17 years at AFFWA Avadi and 35 years of connection with AFWWA Air Force—was highly praised.

Adding to the Academy's accolades, Master Dr. Ashok K Lenka's recent participation and achievement of the 5th Best Award at the 2024 Hong Kong World Championship was recognized, highlighting international excellence on behalf of the Academy.

This event turned into a proud milestone for Hawrang Academy, an institution owned and run by ex-servicemen. As its founder noted, being formally recognized on the Air Force stage stands as a significant moment in the Academy's legacy. He extended heartfelt thanks to the Indian Air Force for acknowledging their achievements and contributions, which further strengthens the bond between the Academy and the Air Force community. This recognition not only honored the Academy's decades of dedication to martial arts and sports but also inspired continued pursuit of excellence in the years ahead.

MY ATHLETICS HISTORY

- **SCHOOL LEVEL RCBL SCHOOL, CHARAMPA 8TH . 9TH & 10TH CLASS ATHLETICS CHAMPION- 1982-83-84**
- **10+2 SC BHADRAK COLLEGE RUNNERS UP AND 100 AND 400M CHAMPION- 1984-1986**
- **+3 SCIENCE DD COLLEGE KEONJHAR 100M 200M RUNNERS UP JAVELIN CHAMPION-1986-87**
- **PLAYED DISTRICT**
- **PLAYED INTERCOLLEGE**
- **PARTICIPATED IN INTER AB-INITION**
- **ATHLETIC CHAMPIONSHIP AT BELGAUM, KTK.**
- **INTER UNIT IAF 8WG CHAMPION**
- **PLAYED INTERWING**
- **WESTERN AIR COMMAND COLOUR**
- **PLAYED IAF ATHETIC MEET- 4X400 RELAY AND 4X100 RELAY.**



MY ATHLETICS HISTORY



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 SEN WITH 8 WING TEAM
WITH CHAMPIONSHIP TROPHY**



**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 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.
PARTNERSHIP 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 TAEKWOND
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.



HAWRANG AT NEWS



NATIONAL LEVEL HONOURARY APPOINTMENT AT VETERANS INDIA

All are Welcome to Nation Building portal through Sports "Jai Hind"



Veterans India Sports Wing is a National Level Sports Organisation under Veterans India. Mission & Vision to Work for Nationalism and Patriotism at Grassroots Level. Rastrabhati to be taught from the Field Of Sports. Having Motto as "Rastra Bhakti Khel Se Shakti".

On 25 Dec 2019, he was appointed as Veterans India National Secretary General for Sports and Adventure by its Founder and National President Shri Binay Kumar Mishra.

He headed the Sports wing of Veterans India with Veteran Athlete Brig GJ Singh as its Vice President. He could expand the wing (VISW) to 30 States & UTs 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 building VISW



**VETERANS INDIA SPORTS WING – FIT INDIA FREEDOM RUN- CELEBRATE FREEDOM
UNITY IN DIVERSITY**



let remember Bapu

MY TESTIMONIAL

MY website _testimonial

Sports and patriotism are two sides of a coin. But Veterans India Sport wing is going to revolutionize the concept by optimally connecting both to the highest level to nurture the organic growth of this country. Sports will find its place for sportsmanship by heart and character and respect for Nation. The only qualification to participate must be “Indian”. No cast, No creed, No religion, No politics and No abstract boundaries of federation. Will be everyone’s forum. Love for Legends, place of respect for olds, motivation for those who love sports and ready to nurture the young’s to take charge of Nation building. Lesson of Patriotism will start from the field. Now VISW has taken challenge to build new India through sports and sportsmanship. Are you ready? Come and join us to make our Nation the best in the World.



VETERANS INDIA SPORTS WING MAJOR ACHIEVEMENTS

BY NATIONAL SECRETARY GENERAL VISW VETERAN DR ASHOK KUMAR LENKA



Dr. Ashok Kumar Lenka
National Gen. Secretary
+91 990752227

- VETERANS INDIA SPORTS WING A NATIONAL LEVEL SPORTS ORGINATION UNDER VETERANS INDIA. MISSION & VISION TO WORK FOR NATIONALISM AND PATRIOTISM. HAVING MOTTO AS RASTRA BHAKTI KHEL SE SHAKTI.
- DRAFTED A UNIQUE SPORTS CONSTITUTION OF VISW FOR GRASSROOT LEVEL UPLIFTMENT OF SPORTS IN INDIA.
- IMPLEMENTED THE CONSTITUTION AND BUILD SPORTS BODY IN 36 STATE CHAPTERS WITH 08 ZONES IN INDIA.
- VISW CATERS FOR 16 OLYMPIC AND 05 NON-OLYMPIC GAMES.
- PATRON AND ADVISORS AT NATIONAL/ STATE/ DISTRICT WITH NATIONAL/ STATE AWRADEES/ OLYMPIC LEVEL SPORTSMAN
- THE VISW CONSTITUTION WAS TESTED AT A CHAMPIONSHIP AT SALEM , TAMILNADU.
- NOW ALMOST ALL STATES HAVE STARTED OPERATING WITH FULL ENERGY.
- ALL OFFICE BEARERS ARE REAL SPORTS PERSONALITIES THOSE HAVE BAGGED MEDAL FOR INDIA.
- NATIONAL SPORTS DAY -2020 WAS CELEBRATED ACROSS INDIA FOR DEMAND OF BHARATH RATNA FOR MAJOR DHYANCHAND
- PATRIOTIC RUN WAS CONDUCTED BY VISW ACCROS 53 COUNTRIES IN THE WORLD WHICH CREATED A WORLD RECORD. ALL GREAT PERSONALITY OF SPORTS LIKE SHRI TENDULKAR HAS SENT US THE MESSAGE.

If found, please return to:-

Head Office: Plot No. C/73B,
1st Floor, Ramghat Church,
Dwarika Stry-7 (Old Delhi),
New Delhi-110075
Contact Us: 411-4562314



Veteran Dr. Mishra
National President
Issued Authority

NOTE: ID Card is only valid for one year.

Web: www.veteransindia.com Email: info@veteransindia.com

HISTORIC PATRIOTIC RUN ON 26 JAN 2021 IN 27 STATES & UTs & IN 52 COUNTRIES



IWR Foundation

Jamshedpur, Jharkhand, India.
www.indiasworldrecords.co.in

Record Certificate

"BIGGEST PATRIOTIC RUN ACROSS INDIA."

The Biggest Patriotic Run across INDIA was organised by "VETERANS INDIA" form Dwarka, New Delhi on "26/01/2021". This program was organised at 179 venues from 21 states of INDIA. (Andhra Pradesh, Bihar, Chandigarh, Gujrat, Haryana, Himachal Pradesh, Jammu&Kashmir, Jharkhand, Ladakh, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Pondicherry, Punjab, Rajasthan, Tamil Nadu, Telengana, Tripura, Uttar Pradesh & West Bengal) Total 10966 participants participated including 2424 - Children, 2840 - Women & 5702 - Men from 21 states across India.



Pranava Kumar.

Founder - IWR Foundation

Triyanka Mehta

V. M. Samuel

Shadab

Approved By

Recorded By

Verified By

Record Number: 069/21

Record ID: IWR/03-2202/21

Date: 23.02.2021



**VETERANS INDIA
PATRIOTIC RUN**

Chapter Punjab

Date: 26th January, 2021

Time: 11:30 am

Time : Sangrur

INDIA'S BIGGEST EVER RUN

Register at: veteransindiasports.com



Binay Kumar Mishra
Founder & National President
Veterans India



Ashok Kumar Lenka
National Secretary
Veterans India



Jaswinder Singh Lall
State Secretary
Punjab



HISTORIC PATRIOTIC RUN ON 26 JAN 2021 IN 27 STATES & UTs & IN 52 COUNTRIES



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Pranava Kumar.

Founder - IWR Foundation

Triyanka Mehta

Approved By

Record Number: 069/21

V. M. Samuel

Recorded By

Record ID: IWR/03-2202/21

Shadab

Verified By

Date: 23.02.2021

VETERANS INDIA PATRIOTIC RUN
Chapter Punjab

Date: 26th January, 2021 Time: 11:30 am Time : Sangrur

INDIA'S BIGGEST EVER RUN
Register at: veteransindiasports.com

Binay Kumar Mishre
Founder & National President
Veterans India

Ashok Kumar Lenka
National Secretary
Veterans India

Jaswinder Singh Lall
State Secretary
Punjab



VETERANS INDIA

INVITATION CARD



Maj Gen GD Bakshi
Patron



BK Mishra
Founder & National
President

“वैताओं पर जुड़ेंगे हर बरस मेले..., वतन पर मरने वालों का यही बाकी निशां होगा”

Invite you to Vijay Diwas Celebration organised by Veterans India on 16th Dec 2022
13:30 hrs at DG NCC Auditorium, Parade Ground Road, Delhi Cantt. Central cabinet
Mantry Awardees, and other prestigious Dignitaries will grace this event. A lunch
arranged from 13:30 to 14:30 hrs to make it more enjoyable. Please confirm your
availability/presence before 10th Dec 2022.

Looking forward to your presence on the Occasion of Vijay Diwas Celebration.



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Maj Gen R. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
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of Secondary Education



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of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



Dr. V. S. Sharma
Member, Central Board
of Secondary Education



HOSTED VIJAY DIWAS-2023 AT DG NCC AUDITORIUM DEHI CANTT



VIJAY DIWAS CELEBRATION ORGANIZED BY VETERANS INDIA

Union Minister Nitin Gadkari attends Vijay Diwas celebrations as a chief guest organized by Veterans India in Delhi



ways Nitin Gadkari presented pride of Nation awards to the awardee as the chief guest on

this occasion. Apart from Nitin Gadkari, Union Minister of State General VK Singh, Union Minister of State for Home Affairs and Sports Nitish Pramanik, MP Suresh Kashyap and many MPs and army Associated dignitaries and other dignitaries were present on this occasion. The guests were welcomed by the organizer and Founder National President of Veterans India, RK Mishra, Patron Major General GD Bakshi (Retd.) and other member of organization Veteran BK Mishra told that Veterans India is an organization of ex-fighters from across the country whose objective is nation building, awakening patriotism among people and doing welfare work for the families of the martyrs. We have 17 wings at the country, state and district level. Through which about 20 lakh people are connected.

देश सेवा में जीवन समर्पित करने वालों को मिला प्राइड ऑफ नेशन अवॉर्ड

■ देश भर से आए शहीदों के परिवार को वेटेरंस इंडिया ने किया सम्मानित

आज समाज नेटवर्क

नई दिल्ली। 1971 में भारत का पाकिस्तान पर ऐतिहासिक विजय पर प्रत्येक वर्ष 16 दिसंबर को मनाए जाने वाले विजय दिवस पर सेनाओं एवं उनके परिवार के लिए सर्वोच्च संस्था वेटेरंस इंडिया ने दिल्ली कैंट विजय दिवस का आयोजन किया। सम्मेलन में अन्य कार्यक्रम के अलावा देश के लिए अपने प्राण को न्योछावर करने वाले और सख्त शहीदों के देश भर से आए परिवारों को अतिथियों को सम्मानित किया गया और उन्हें वेटेरंस इंडिया की ओर से सम्मान सल्लोह जति का चेक दिया गया। शहीदों के परिवार को सम्मान केंद्रीय राज्य मंत्री जनरल वीके सिंह के द्वारा दिया गया। इस अवसर पर देश के सेवा में जीवन समर्पित करने वाले कई लोगों



विजय दिवस पर वेटेरंस इंडिया के दिल्ली कैंट विजय दिवस के मौके पर सम्मानित करते हुए नितिन गडकरी।

को प्राइड ऑफ नेशन अवॉर्ड से सम्मानित किया गया। वहीं, इस अवसर पर केंद्रीय सड़क परिवहन एवं उच्च राज्य मंत्री नितिन गडकरी मुख्य अतिथि के रूप में मौजूद रहे। नितिन गडकरी के अलावा केंद्रीय राज्य मंत्री जनरल वीके सिंह, केंद्रीय गृह राज्य एवं खेल राज्य मंत्री नीतीश प्रमाणिक, संसद सुरेश कश्यप सहित कई संसद सेना से जुड़े गणमान्य व्यक्ति मौजूद

रहे। सम्मानित अतिथियों का स्वागत आयोजक एवं वेटेरंस इंडिया के फंडेडर राष्ट्रीय प्रेसिडेंट बी के मिश्रा, संसद रितसर मेजर जनरल जीडी बनशी ने स्वागत किया। वेटेरन बीके मिश्रा ने बताया कि वेटेरंस इंडिया देश भर के पूर्व सेनानी की संस्था है जिसका उद्देश्य रण निर्माण, लोगों में देश भक्ति का अलख जगाना व शहीदों के परिवार के लिए कल्याणकारी कार्य करना है।

हमारे देश, राज्य एवं जिला स्तर पर 17 विंग हैं जिसके माध्यम से लगभग 20 लाख लोग जुड़े हुए हैं। कार्यक्रम की शुरुआत संसद के संसद एक्सीरम एक्सेक्यूटिव, जीडी बनशी व वेटेरंस इंडिया के फंडेडर राष्ट्रीय प्रेसिडेंट बी के मिश्रा के स्वागत भाषण से हुआ। उसके बाद वीके सिंह ने शहीदों के परिवारों को सम्मानित किया।



Chief Guest
Sh. Nishin Jaisram Gadikari
Member for Bapatnagar & Highways



Guest of Honour
Gen. (Dr.) V K Singh
PVSM, AVSM, VSM, ADC
Chief Advisor for Social Training & Education



Guest of Honour
Sh. Nisith Pramanik
Minister Home, Youth Affairs & Sports



Guest of Honour
Sh. Suresh Kashyap
Member of Parliament, Shimla



Guest of Honour
Sh. Suresh Chavhanke
CMD Sudarshan News



Maj Gen GD Bakshi
SM, VSM
Chief Patron



Sh. BK Mishra
Founder & National
President



INVITATION CARD VETERANS INDIA



**शहीदों की चिताओं पर लगेंगे हर बरस मेले..
वतन पर मरने वालों का यही बाकी निशां होगा ...**

Date : 16 Dec 2022 Time : 11:00 am To 4:00 pm

Venue : DG NCC Auditorium, Delhi Cantt.-110010



HOSTED KAGIL VIJAY DIWAS ONLINE DURING COVID PANDEMIC WITH CHIEF GUEST AS GEN VK SINGH, CHIEF PATRON VETERANS INDIA AND FORMER CABINET MINISTER & PRESENT MIZORAM GOVERNOR



विजय दिवस
26 दिसम्बर 1971

"शहीदों की विराओं पर जुड़ेंगे हर बरत मेले... बल पर बरते वालों का यही बाकी निरा होगा"

VETERANS INDIA
(AN ALL INDIA ORGANISATION OF VETERANS LED BY EX-SERVICEMEN)
ALL ARE CORDIALLY INVITED TO GRACE THE

VIJAY DIWAS

TO PAY HOMAGE TO WAR HEROES

Chief Guest
Gen VK Singh, SM, VSM

Veteran R.K. Mishra
Founder & Managing President
Veterans India

Guests:

- Gen R.K. Singh
- Gen R.K. Singh
- Gen R.K. Singh
- Gen R.K. Singh
- Gen R.K. Singh
- Gen R.K. Singh
- Gen R.K. Singh
- Gen R.K. Singh

Date: 13 Dec 2020
Time: 10:30AM - 12:00Noon
Watch us live on facebook

<https://www.facebook.com/veteransindia>



Zoom Meeting Info: Meeting Info | Hide Menu Bar

Participants with video off: 135 hidden

COL, YOGEDIA YADAV, PVC

VIJAY KUMAR SINGH

CDL ASHOK TARA

Dr ASHOK KUMAR LENKA

Suresh Kashyap MP

**HOSTED KAGIL VIJAY DIWAS ONLINE DURING COVID PANDEMIC WITH CHIEF GUEST AS GEN
VK SINGH, CHIEF PATRON VETERANS INDIA AND FORMER CABINET MINISTER & PRESENT
MIZORAM GOVERNOR**

[illegible][illegible][illegible]

प्रतिष्ठान में भारत के सबसे बड़े लोक शिक्षण केन्द्र बनकर जी.डी. अग्रवाल, तमिलनाडु राज निदेशिका सीपी बालू, जी.एस. और ३५/७४ के मुद्र के निदेशक जयदेव अग्रवाल चुने गए, मेराल डीसा के सांस्कृतिक तथा साहित्य समिति में जी.डी. अग्रवाल, तथा राजेश समिति लखनऊ, विद्याल, सांस्कृतिक मेराल डीसा जी. लखनऊ, किंग ब्रिडजम जी. अमरीत १५२, जी. बार्द में श्री विद्याल डीसा के डॉ. समराज बालू, इन्दौर मेराल कि बार्दों सिन्धु में अग्रवाल तथा बालू ब्रिजम जी. मुम्बई जी. बाली विद्याल कि लखनू डीसा जी. सिन्धु में विद्याल लखनू, १९५५ के एक साथ में डॉ. समराज बालू बालू, अग्रवाल डीसा जी. तथा में लखनू बालू बालू विद्याल विद्याल, मुद्र के मुद्र अग्रवाल जी. लखनू कि बालू बालू डीसा ५२७ के ५२७ बालू बालू डीसा ५३५० बालू डीसा ५३५०

मोक्ष शक्ति: के संस्थापक श्री गुरुदेव अमृत नाथ सिन्हा द्वारा स्थापित भारत दिवस १९८३ कार्यक्रम ने सभी ने १९९९ के आगति ३३, ३४ व ३५ की ओर ध्यान दिया। सभी गुरुमुखों ने इस दिन को विश्व में सर्वप्रथम बताने शुरू किया और भारत की शक्ति के लिए ईश्वर के आशीर्वाद और मोक्ष शक्ति सर्वोपरि। दिन के गुरुदेव गुरुमुखों द्वारा अमृत नाथ सिन्हा के सभी द्वारा स्थापित भारत दिवस का नाम था श्री दिवस कि उन सभी की ओर ध्यान और गुरु आशीर्वाद की ओर ध्यान दिया। उन्होंने कहा कि यह सर्वोपरि के रूप में यह भी हमारे ने गुरु की शक्ति और अमृत नाथ सिन्हा ने इस कार्य में। उन्होंने यह दिखाने की ओर ध्यान दिया कि इस दिवस को, दिन के प्रकाश कि दिन के विशालता में वे सभी की ओर ध्यान और अमृत नाथ सिन्हा के शक्ति और शक्ति की ओर ध्यान दिया।



**FEICITATION BY FOUNDER PRESIDENT VETERANS INDIA SHRI BK MISHRA &
NATIONAL VICE PRESIDENT GEN ESHWARAN, AT 1ST VISW HYDERABAD
TAEKWONDO NATIONALS -2024**



VETERANS INDIA SPORTS WING NATIONAL SECRETARY SPORTS VETERAN ASHOK KUMAR LENKA MESSAGE FROM PATRONS



VETERANS INDIA

(Regd. No- Delhi/2149/2015)

(AN ALL INDIA ORGANISATION OF VETERANS LED BY EX-SERVICEMEN)

Our Team

Veteran BK Mishra
National President

Veteran Lt Gen JB Bajwa
PVSM, UYSM, SM
Patron

Veteran Lt Gen KB Gill
PVSM - Patron

Veteran Air Vice Marshal
SK Jindal - Patron

Veteran Maj Gen
GD Bakshi, SM, VSM
Patron

Veteran Brig GJ Singh
Vice President

Veteran Dr MB Singh
Vice President

Veteran Brig
RK Sharma, SM
National Gen Secretary

Veteran Dr. Buddha Singh
Associate Dean, JNU
Chief Intellectual Coordinator

Veteran Col RV Sharma
National Secretary
In-charge Coordination

Veteran Col (Dr) JP Singh
National Secretary
In-charge Welfare

Veterans India/VISports/11

25 Dec 2019

MESSAGE FOR VETERAN INDIA TAEKWONDO CHAMPIONSHIP, TAMILNADU CHAPTER

1. I am happy to receive the invitation from Veterans India and Tinu Memorial Trust for the 1st state level Taekwondo Championship in India. Arising above politics, caste, creed and religion giving a platform to aspiring talented players. Ignoring fractional politics only keeping the talent hunt in mind is a noble cause. As Soldier we have always given highest priority to the sports as a soldier when Marty's and a sportsman when wins have rights National flag being Wrapped.



2. I wish this endeavor all success. Further I Congratulate and wish Mr Ashok Kumar Lenka National Secretary Sports and Adventure Veterans India and Mr G Prem Raj, Sports Secretary Tamilnadu Chapter for great success in Taekwondo Championship 2019. At last not the least I Congratulate Veteran BK Mishra, Founder and National President Veterans India for taking such a Great Initiative in India.

Jai Hind !



Maj Gen GD Bakshi, SM, VSM (Retd)
Patron
Veterans India



VETERANS INDIA

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Veteran Air Vice Marshal
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GD Bakshi, SM, VSM
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Vice President

Veteran Dr MB Singh
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Veteran Brig
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National Gen Secretary

Veteran Dr. Buddha Singh
Associate Dean, JNU
Chief Intellectual Coordinator

Veteran Col RV Sharma
National Secretary
In-charge Coordination

Veteran Col (Dr) JP Singh
National Secretary
In-charge Welfare

Veterans India/VISports/14

25 Dec 2019

MESSAGE FOR VETERAN INDIA TAEKWONDO CHAMPIONSHIP, TAMILNADU CHAPTER

1. I am glad to know that sports wing 'Veterans India' Tamil Nadu chapter and 'Tinu Memorial Trust' is organizing 1st state level Taekwondo championship. Such sports activities will certainly strengthen the 'Veterans India' mission of inculcating patriotism and nationalism among youth and sportsmen.



2. I am hopeful that this championship will provide equal opportunity to all blooming sportsmen rising above politics, caste, creed, religion or any federation bias. Our aim should be to search, select and hunt boys and girls with real talent and true sportsmen spirit who can win laurels for our country.

3. This being the 1st championship will prove to be a mile stone for sports activities to be organized in other states in the coming years. 'Veterans India' ensure all support to the selected sportsmen for participation at National and International level.

4. On this occasion, I congratulate Mr Ashok Lenka, National Secretary sports & adventure and Mr Prem G Raj, sports Secretary Tamil Nadu Chapter, Veterans India for organizing Taekwondo Championship and wish them all the success in this endeavor



(Signature)

AVM SK Jindal (Retd)
Patron
Veterans India

VETERANS INDIA SPORTS WING NATIONAL SECRETARY SPORTS VETERAN ASHOK KUMAR LENKA MESSAGE FROM PRESIDENT & GEN SECREATRY



VETERANS INDIA

(Regd. No- Delhi/2149/2015)

(AN ALL INDIA ORGANISATION OF VETERANS LED BY EX-SERVICEMEN)

Our Team

Veterans India/VISports/12

25 Dec 2019

Veteran BK Mishra
National President

Veteran Lt Gen JS Bajwa
PVSM, UYSM, SM
Patron

Veteran Lt Gen KB GILL
PVSM - Patron

Veteran Air Vice Marshal
BK Jindal - Patron

Veteran Maj Gen
GD Bakshi, SM, VSM
Patron

Veteran Brig GJ Singh
Vice President

Veteran Dr MB Singh
Vice President

Veteran Brig
RK Sharma, SM
National Gen Secretary

Veteran Dr. Sudha Singh
Associate Gen. Sec.
Chief Intellectual Coordinator

Veteran Lt Col RV Sharma
National Secretary
In-charge Coordination

Veteran Col (Dr) JP Singh
National Secretary
In-charge Welfare

जय हिंद,

1. मैं विनय कुमार मिश्र सम्पादक और राष्ट्रीय अध्यक्ष वेटेरन्स इंडिया तमिलनाडु चैप्टर के सभी सदस्यों को स्वागत देता हूँ, शुभकामना देता हूँ और धन्यवाद करता हूँ कि उन्होंने वेटेरन्स इंडिया स्पोर्ट्स विंग की पहला स्पोर्ट्स टूर्नामेंट तमिलनाडु में करने का रही है। मैं धन्यवाद देता हूँ वेटेरन्स इंडिया के राष्ट्रीय सचिव कृपान्त स्पोर्ट्स वेटेरन्स अशोक कुमार शर्मा और वेटेरन्स इंडिया स्पोर्ट्स विंग तमिलनाडु चैप्टर के राज्य सचिव श्री एस राज को जिन्होंने यह प्रयास किया कि टाक्कलकी स्पोर्ट्स कंपलीक्स वहाँ पर जो जिससे राष्ट्रवाद और देशभक्ति की सोच को राष्ट्र निर्माण में लगाने में मदद मिल सके।



2. मैं तमिलनाडु के सभी खिलाड़ियों को आश्वासन देना चाहता हूँ कि परिश्रम, निरंतर कोई भीतर का होगा और जो भी काम हमारी चयनित होगी उनको राष्ट्रीय और अंतरराष्ट्रीय स्तर पर ले जाने में संगठन अपनी पूरी ताकत लगाएगी।

3. अंत में मैं वेटेरन्स इंडिया के तमिलनाडु चैप्टर के सभी सदस्यों को एवं वहाँ के सभी सामाजिक और राष्ट्रवाद और देशभक्ति की सोच को राष्ट्र निर्माण में लगाने के लिए दिल-राज निरंतर कोई लोग और स्वागत का काम कर रहे हैं उनको कोटि बधाई देता हूँ और धन्यवाद करता हूँ।
जय हिंद !



Signature

विनय कुमार मिश्र (BK Mishra)
सम्पादक एवं राष्ट्रीय अध्यक्ष
वेटेरन्स इंडिया



VETERANS INDIA

(Regd. No- Delhi/2149/2015)

(AN ALL INDIA ORGANISATION OF VETERANS LED BY EX-SERVICEMEN)

Our Team

Veterans India/VISports/13

25 Dec 2019

Veteran BK Mishra
National President

Veteran Lt Gen JS Bajwa
PVSM, UYSM, SM
Patron

Veteran Lt Gen KB GILL
PVSM - Patron

Veteran Air Vice Marshal
BK Jindal - Patron

Veteran Maj Gen
GD Bakshi, SM, VSM
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Veteran Brig GJ Singh
Vice President

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Veteran Brig
RK Sharma, SM
National Gen Secretary

Veteran Dr. Sudha Singh
Associate Gen. Sec.
Chief Intellectual Coordinator

Veteran Lt Col RV Sharma
National Secretary
In-charge Coordination

Veteran Col (Dr) JP Singh
National Secretary
In-charge Welfare

MESSAGE FOR VETERAN INDIA TAEKWONDO CHAMPIONSHIP, TAMILNADU CHAPTER

Dear Friends,

1. My heartfelt compliments to Veteran Ashok Kumar Lenka secretary sports wing veterans India, Veteran Prem Raj secretary sports Tamil Nadu chapter Veterans India and Tinu Memorial Trust for organising a state level taekwondo competition from 26 to 28 December 2019. Assuredly the competition would be transparent and selfless. Selected players will be helped for preparing for National and international level competitions.



2. It is a great initiative and will be a path breaker for other states chapters to take similar initiatives in other sports disciplines and encourage youth to undertake sports willingly.

Well done and keep it up !



Signature

Brig RK Sharma, SM (Retd)
Gen Secretary
Veterans India

[illegible]

VETERANS INDIA COMMEMORATE
KARGIL VIJAY DIVAS
 ON 26th JULY @ 10:30 AM ONWARDS
 LIVE ON CISCO WEBEX
 MEETING ID: 166 038 8698
 Password: 1234
 YOUTUBE & FACEBOOK
<https://www.youtube.com/channel/UCF9tRt0pXpKongtR0uA>
<https://www.facebook.com/veteransindia/>
 join to celebrate with our Veteran Speakers
AS TRUE PATRIOT LOVE, LIKE, SHARE, TAG



VETERANS INDIA SPORTS WING WITH FIT INDIA, MOYS

VETERANS INDIA SPORTS WING ANNEXURE A-17

08 Zone Sports Zones for India

1. NORTH EAST ZONE
2. EAST ZONE
3. NORTH ZONE
4. CENTRAL ZONE
5. WESTERN ZONE
6. SOUTH ZONE
7. SOUTH EAST ZONE
8. NORTH WEST ZONE




VETERANS INDIA SINGRAULI

FIT INDIA FREEDOM RUN

Congratulations to

ASHOK KUMAR LENKA, NATIONAL SECRETARY

FOR SUCCESSFULLY PARTICIPATING IN THE
VETERANS INDIA FREEDOM RUN RIDE FOR MAJOR DHYAN CHAND

Event Organized by VETERANS INDIA SPORTS WING
From 25th August - 2nd October

www.fitindia.gov.in

VETERANS INDIA - SPORTS WING
[TAMILNADU CHAPTER]

JOIN US Web Conference Meeting of Tamilnadu Chapter

Veteran Binay Kumar Mishra Founder & National President	Veteran Ashok Kumar Lenka National Secretary (Sports)	Veteran G Prem Raj National Joint Secretary (Sports) (I/c South-East Zone)
Veteran Durga Das State President (Sports) Tamilnadu Chapter	Veteran A. Shanmugam State Vice President (Sports) Tamilnadu Chapter	Veteran R. Sudhakar State Secretary (Sports) Tamilnadu Chapter

Welcome to all the office bearers, State joint secretary of sports and District secretary

Live on 06.09.2020 @ 11.00am

<https://us04web.zoom.us/j/2242493967?pwd=TlFQQiNjM0NkZ3NlU0dXVzVl>

FIT INDIA FREEDOM RUN

CONGRATULATIONS TO

VETERANS INDIA-SPORTS WING

FOR SUCCESSFULLY ORGANIZING THE
VETERANS INDIA FREEDOM RUN RIDE FOR MAJOR DHYAN CHAND

FROM 15th AUGUST - 2nd OCTOBER

www.fitindia.gov.in

VETERANS INDIA SPORTS WING
NATIONAL SPORTS DAY-2020

VETERAN INDIA DEMANDS
BHARAT RATNA

For the Hockey Legend
Major Dhyanchand Ji

**SUPPORTING
THE NOBLE CAUSE
BY OUR SOLDIERS &
ALL OFFICE BEARERS
OF 36 STATES & UT'S**

**राष्ट्रीय खेल दिवस पर
मेजर ध्यानचंद जी को श्रद्धाजंलि**

JOIN OUR MOVEMENT
AT 5PM TO 7PM, ON 29 August 2020

zoom

WITH PROMINENT SPEAKERS

Pradeep Singh
Senior Joint Secretary

[illegible][illegible]



MR. S. SRINIVASAN
CHIEF MINISTER, TAMILNADU
GOVERNMENT OF INDIA



**FIT
INDIA**



MR. K. ANAND
NATIONAL VETERANS SPORTS & RECREATION
COMMISSIONER, INDIA



**VETERANS
INDIA**



MR. S. SRINIVASAN
NATIONAL JUDO FEDERATION, ALL INDIA JUDO
ASSOCIATION

NATIONAL SPORTS DAY

VETERANS INDIA FREEDOM RUN RIDE for MAJOR DHAYAN CHAND

On 29 AUG 2020

A FIT INDIA PROGRAM ORGANISED BY VETERANS INDIA SPORTS WING TAMILNADU CHAPTER

Walk · Run · Ride for the legend



Pradhan appointed In-charge of Veterans India-Sports Wing, Chhattisgarh Chapter

■ Sports Reporter
RAIPUR, Aug 29

RAIPUR District Football Association President Mushtaq Ali Pradhan has been appointed as State Secretary Incharge Sports, Veterans India, Chhattisgarh Chapter (Honorary) with immediate effect.

In the letter issued by Veterans India, the President expected that Pradhan would bear responsibility with full devotion and dedication to meet the objectives



Mushtaq Ali Pradhan

of organisation in per the direction of national president. Veterans India is an organisation engaged in promoting nationalism and patriotism across grass root levels of India.

The Veterans India also vested Pradhan with responsibilities in building Veterans India Sports Wing in the days to come and bring laurels in the interest of nation by promoting and encouraging sports for patriotism and nationalism in his chapter with the slogan 'Bhashtrabhakti Khel se Shurk'.

জাতীয় ক্রীড়া দিবসে সংক্ষিপ্ত অনুষ্ঠান

ক্রীড়া প্রতিনিধি, আগরতলা, ২৯ আগস্ট ২ কোভিড-১৯ এর কারণে এ বছর জাতীয় ক্রীড়া দিবস তথা বাস্কেটবল শেয়ারিং জে উপলক্ষে ক্রীড়া দিবসের অর্ধেক সময়ের আদ্যাকালা দ্বারা আদ্যাকালা (শেনিয়ার) কোমন্স ক্রীড়া কমিটির আয়োজন করা হয়েছে না। ত্রিপুরা হকি অ্যাসোসিয়েশনের ইয়েনার কারণে কোনও খেলাধুলার আয়োজন এবার করতে পারবে না। তবে হকির আনুষ্ঠান মেজর ধ্যানচাঁদের জন্মদিন উপলক্ষে আয়োজিত জাতীয় ক্রীড়া দিবসে আদ্যাকালা জেট একটি কর্মসূচি রাখা হয়েছে। এজি নগর পুলিশ হকি মাঠে আদ্যাকালা বিকাল চারটায় ধ্যানচাঁদের জন্মদিবস পালনের সিদ্ধান্ত নিয়েছে ত্রিপুরা হকি অ্যাসোসিয়েশন। ধ্যানচাঁদের জীবিত মাল্যদান করা হবে। এই কর্মসূচিতে অ্যাসোসিয়েশনের সদস্য ও খেলোয়াড়দের উপস্থিত থাকার জন্য অনুরোধ জানিয়েছেন সচিব চন্দন কুমার দেব।

वेटरन्स इंडिया स्पोर्ट्स विंग के
ज्वाइंट सेक्रेटरी बने जेपी तिवारी

पहात से पी तिथारी पूर्व जिला खेल अधिकारी साहखेत को म.प्र. का ज्वॉइंट सेक्रेटरी बनाया गया है। वेटरनस ट्रिप्लिया स्पोर्ट्स विंग इस समय पूरे देश में राष्ट्रीय, अन्तराष्ट्रीय खिलाड़ियों को अपने लक्ष्य देश में खेलों को नई उचाई पर ले जाने का काम कर रहा है। इस संगठन से कई प्रोत्तिष्ठ समाजसेवी खिलाड़ी, प्रशिक्षक तथा वर्तमान राष्ट्रीय, अन्तरराष्ट्रीय, पूर्व अन्तरराष्ट्रीय



स्काउट छात्र और खिलाड़ियों का किया सम्मान



समस्त १०० प्रतिशत के सम्बन्धित करने के लिए १०० प्रतिशत

पॉपुलर म्यूज नेटवर्क
अलगावकीड, गंगारंगी

मधेपुरा, राष्ट्रीय स्तर पर विद्यार्थियों के अभाव का बोझ सामने आया है। राष्ट्रीय स्तर पर विद्यार्थियों के अभाव का बोझ सामने आया है।

विश्वविद्यालय को सम्मिलित किया गया। इस दौरान स्वराज्य एवं राज्य के पाठ-पाठ्यक्रमों द्वारा योगदान प्रदान करने के लिए किए गए कार्यों के लिए सम्मिलित किया गया और प्रत्येक वर्ष भी किया गया। इस दौरान

श्री अय्यास कविता योय, जे
 योय योय, राष्ट्रीय विद्यापीठ
 राजीव, राजीव राजीव, योय
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AN ALL INDIA ORGANISATION OF VETERANS LED BY EX-SERVICEMEN

NATIONAL ORGANISATION OF SPORTS AND ADVENTURE WING



MADHYA PRADESH
CHAPTER



रत्नाश्रम। वेटेयरस प्रशिक्षण स्पोर्ट्स विंग के अध्यक्ष विनय कुमार मिश्रा व महासचिव अशोक कुमार लोका ने अंतरराष्ट्रीय निर्णायक अमानत खान को प्रदेश का सम्पन्न शक्तिवन्त निरूपित किया है। वेटेयरस प्रशिक्षण स्पोर्ट्स विंग वर्तमान समय में राष्ट्रीय, अंतर राष्ट्रीय खिलाड़ियों को विश्व व ओलिम्पिक प्रतियोगिताओं में पदक जीतने हेतु प्रोत्साहित कर रही है।



हस संगठन में मेजर जनरल जी डी बख्शी, एयर वाइस मार्शल एस के जिंदल, ओलम्पियन अशोक कुमार ध्यानचंद सहित कई समाजसेवी व पूर्व अंतर राष्ट्रीय खिलाड़ी अपना सहयोग दे रहे हैं। संगठन ने अभी 16 ओलंपिक व 6 अन्य सर्वमान्य खेलों को शामिल किया है। आने वाले समय में संगठन द्वारा ब्लॉक लेवल से लेकर रा्टर तक विशेष अभियान चलाकर प्रतिभावान खिलाड़ियों का चयन कर उन्हें विशेष प्रशिक्षण दिया जाएगा। अमानत खान के प्रदेश सचिव नियुक्त होने पर मध्यप्रदेश चेप्टर के जनरल सेक्रेटरी वेटरन्स मनोज कुमार शिवहरे, जिला थलोटिक्स संघ के अध्यक्ष सतीश पुरोहित, संयुक्त सचिव करार खान, तरुण पुरोहित, मास्टरस गेम्स के कोषाध्यक्ष आदर्य, रंजेश रामा, मोहम्मद अनवर, प्रो. एस एस मयान खान ने सर्व सम्मति किया है।

खेल गुरु व प्रतिभाओं का किया सम्मान



Source: *U.S. Census Bureau, Current Population Reports, 1990*.

[illegible]



VETERANS INDIA SPORTS WING

AN ALL INDIAN ORGANISATION OF VETERANS LED BY EX-SERVICEMEN AND SPORTS

MADHYA PRADESH CHAPTER



Veteran Binay Kumar Mishra
Founder & National President



Veteran Maj Gen
G.S. Subakti, G.M., VSM Patna



Veteran Subodh Kumar Bhattacharya
Patna



Veteran Dr. V.K. Marudh S.S. Jha
Patna



Veteran Brig. G.S. Singh
Vice President Sports



Veteran Mr. S.S. Singh Shrivastava
Vice President



Veteran Ashok Kumar Lodha
National Secretary Sports



Veteran Vijay Singh Morya
President MP Chapter



Veteran Rajesh Sharma
Vice President MP Chapter



Veteran Manoj Kumar Shrivastava
Secretary MP Chapter



Veteran Pradeep Pratap Singh
S. Joint Secretary MP Chapter



Veteran Aditya Kumar Singh
MP Chapter



Veteran Kamini Shrivastava
Office Secretary MP Chapter



Veteran Renu Agarwal
Advisor MP Chapter

मेजर ध्यानचंद जादूगर के जन्म दिवस पर जमुना में मेराधन वृद्ध संस्म



मेजर ध्यानचंद जादूगर के जन्म दिवस पर जमुना में मेराधन वृद्ध संस्म

बेटेरन्स इण्डिया स्पोर्ट्स विंग कलेगी खिलाडियों के लिए मदद

विश्वभर के खेलकूद प्रेमियों के लिए बेटेरन्स इण्डिया स्पोर्ट्स विंग एक नया आयाम है। इस संगठन का उद्देश्य है कि खेलकूद के माध्यम से युवाओं को शारीरिक और मानसिक रूप से मजबूत किया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके।



बेटेरन्स इण्डिया स्पोर्ट्स विंग कलेगी खिलाडियों के लिए मदद। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके।



बेटेरन्स इण्डिया ने किया खिलाडियों का सम्मान, किया पौधरोपण



बेटेरन्स इण्डिया ने किया खिलाडियों का सम्मान, किया पौधरोपण। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके। संगठन के माध्यम से युवाओं को खेलकूद के माध्यम से अपनी क्षमताओं को पहचाना जा सके और उन्हें खेलकूद के माध्यम से अपनी जिंदगी में बदलाव लाया जा सके।

VETERAN INDIA SPORTS WING J&K CHAPTER



VIEW UP CHAPTER

शालिनी बनीं स्पोर्ट्स विंग की महासचिव



वेटेरंस इंडिया स्पोर्ट्स विंग उत्तरप्रदेश की महासचिव बनने पर शालिनी चौहान को मास्टर एथलेटिक्स टीम ने किया सम्मानित • लौ. से खबरें

जासं, अलीगढ़ : ताइक्वांडो की अंतरराष्ट्रीय रेफरी व खिलाड़ी शालिनी चौहान को वेटेरंस इंडिया स्पोर्ट्स विंग उत्तर प्रदेश चैप्टर का महासचिव चुना गया है। उन्होंने बताया कि पूर्व सैनिक परिवारों की बेटियों को भी वे आत्मरक्षा के गुर सिखाकर मजबूत बनाएंगी। ब्लॉक से लेकर राज्यस्तर तक प्रतिभाओं का निखारने का काम करेंगी।

रविवार को मास्टर एथलेटिक्स टीम ने शालिनी चौहान समेत वेटेरंस इंडिया के सहसचिव हीर सिंह का स्वागत किया। वेटेरंस इंडिया महिला विंग की जिलाध्यक्ष मंजू बघेल, एथलेटिक्स कोच कैल्पना चौधरी, राजीव चौहान, मास्टर एथलीट उपदेव चौधरी, संजीव चौधरी, गोपाल, दिनेश राघव आदि मौजूद रहे।



The Lucknow Tribune
WEEKENDS COME OUT OF LOCKDOWN SHADOW

Even though the COVID pandemic has robbed the sheen off the razzle dazzle

VETERAN CROWNED



Veteran Retired DSP Dharendra Kumar Dharwan has been appointed the State Secretary, Incharge Sports of Veterans India, Uttar Pradesh chapter. Dharwan will be working towards building the organization in the UP level and will report to the

National President of the Sports Wing. The organization of veterans led by ex servicemen has over the past few years worked tirelessly to spread a sense of Nationalism and patriotism among the masses. In aiming to do so the organization has over the years organized a wide gamut of activities, events and discussions that have deliberated on the future of sport in the Indian context, right from the grass-root level.

The organization has based its working on the adage of Rashtraabuktikhele se Shakti.



VISW J & K CHAPTER



VIEW ASSAM CHAPTER



संघीय खेलकूद विभाग से संबन्धित
SPORTS WING

VETERANS INDIA



संघीय खेलकूद विभाग से संबन्धित
SPORTS WING

AN ALL INDIA ORGANIZATION OF VETERANS LED BY EX-SERVICEMEN

VETERANS INDIA SPORTS WING KARATE FACULTY

SPONSORED BY :-
SHOTOKAN KARATE DO
SPORTS ASSOCIATION



FIT
INDIA

आसाम चैप्टर जोरहाट



VETERAN B.K. MISHRA
FOUNDER & NATIONAL PRESIDENT



VETERAN RAJESH C.B. BAXHI
NAT. KARATE FEDERATION
PRESIDENT



VETERAN ANIL VICKY
NATIONAL KARATE
FEDERATION



VETERAN LT. GEN. R.J. SINGH
PVF, ASSAM ZONE
PRESIDENT



VETERAN ASHOK KUMAR LINKA
NATIONAL SECRETARY
INDIAN SPORTS & RECREATION



VETERAN DAVID NANI
CENTER ZONE SECRETARY



VETERAN BISHNU PRASAD SARMA
ASSAM STATE
KARATE FACULTY



VETERAN BISHAL DUTTA
JORHAT DISTRICT
KARATE FACULTY



VETERAN RATAN BARUAH
JORHAT DISTRICT
KARATE FACULTY

VISW RAJASTHAN CHAPTER



संघीय स्तर पर खेलों के प्रति
SPORTS WING

VETERANS INDIA



संघीय स्तर पर खेलों के प्रति
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राजस्थान चैप्टर उदयपुर



VETERAN B.K. MISHRA
FOUNDER & NATIONAL PRESIDENT



VETERAN NAJ GEN G.R. BARKHI
CM, YOUNG PATRON
RAJSTH



VETERAN AIR VICE
MANGAL DE JAGAL
PATRON



VETERAN LT. GEN KJ SINGH
PVSM, NISM, VSM
PATRON



VETERAN ASHOK KUMAR LENKA
NATIONAL SECRETARY
INDIAN SPORTS & ADVENTURE



VETERAN DAVID NARI
CENTER ZONE SECRETARY



VETERAN MANGAL SALVI
UDAYPUR DISTRICT
KARATE FACULTY



VETERAN PANKAJ CHOUDHARY
UDAYPUR DISTRICT
KARATE FACULTY

VISW-ODISHA CHAPTER



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



पश्चिम दुनिया के भूगोलीय दौरे, अलास्का लैंडर ने कहा कि लोग सांख्यिकी की नहीं **अर्थव्यवस्था** अलास्का को समझते हैं। भूगोलीय धर्म और दारिद्र्य में लोग का पिछड़ा और परिष्कार के बीच समुदाय बनाने में भी मदद करता है। लोग के निर्मित अवस्था में हम सांख्यिक और वास्तविक रूप से पूरी तरह से स्वतंत्र लैंडर ने आश्चर्य व्यक्त कि हम सभी को अलास्का जीवन शैली में लोग की शामिल करता चाहिए। दौरे, लैंडर ने प्रतीति में लोग करने और अपने हावा के अपने में बताया। उन्होंने विचारण की उधारी वाले लोगों में लोग के कुछ गुरु अवस्थाओं जैसे **लुटनी (कमबोटी नियम)** और **लुलुल (लम्बे समय तक का)** अधिकारण के चरम पर जाने की प्रतिकूल स्थिति में) से जुड़े लोग के अवस्थाओं के बारे में जानकारी दी। उन्होंने दारिद्र्य के मुख्य आर्थिक ओलों के समूह में भी शामिल की।

[illegible]

जाने-माने हीरोई खिलाड़ी संजयक दिनीप तिर्की ने भी हाल

वीरकल्याण मुक्ता

नया दिल्ली: सोमवार को नेशनल इंडिया स्टार्टअप दिवस के तहत तमिल नाडु प्रान्त सरकार द्वारा एक राष्ट्रीय स्तर पर आयोजित कार्यक्रम में, सोमवार को नेशनल इंडिया स्टार्टअप दिवस के तहत तमिल नाडु प्रान्त सरकार द्वारा एक राष्ट्रीय स्तर पर आयोजित कार्यक्रम में, सोमवार को नेशनल इंडिया स्टार्टअप दिवस के तहत तमिल नाडु प्रान्त सरकार द्वारा एक राष्ट्रीय स्तर पर आयोजित कार्यक्रम में...

भारत में अंतरराष्ट्रीय योग दिवस कार्यक्रम की शुभारंभ १-नवम्बर को वैश्व योग दिवस के समारोह और राष्ट्रीय अंतराष्ट्रीय योग दिवस समारोह के साथ हुई। इसके बाद अनेक प्रभावशाली समारोहों में राष्ट्रीय योग समारोह द्वारा अंतराष्ट्रीय योग दिवस तथा इस अवसर पर योग के प्रचार और समारोहों सीमा में मुख्य विचार की प्रसारणप्रणम प्रचार प्रचार समारोह में अनेक रूपों में प्रचार भी प्रचार प्रचार में प्रचार कि योग प्रचारण का प्रचार प्रचारप्रणम प्रचार है, प्रचार प्रचार कि अनेक अनेक रूप, प्रचारण और प्रचार में प्रचारण प्रचार प्रचार प्रचार कि योग प्रचारण प्रचारों के प्रचारण प्रचारण प्रचार प्रचार प्रचार प्रचार प्रचार में प्रचार है।

[illegible]

VETERANS INDIA - VPRF

VETERANS INDIA

(A National Patriotic Organization led by Ex-Servicemen)

Certificate of Membership

PATRIOTIC YOUTH AMBASSADOR

Under the 'BHARAT KE BHAVISHYA' Initiative

This is to proudly certify that

DR ASHOK KUMAR LENKA s/o BHASKAR CHANDRA LENKA

has been inducted as a Patriotic Youth Ambassador of Bharat to uphold the ideals of Rashtrabhakti, Seva, and Sankalp, and contribute to nation building with dedication and discip-

Date of Birth: 23/06/1968

ID No.: 190

Aadhaar (Last 4 digits) 7278

Place: New Delhi

Founder & National President,
Veterans India

www.veteransindia.com | info@veteransindia.com | +91 97738 31114

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Place: New Delhi

Founder & National President,
Veterans India

www.veteransindia.com | info@veteransindia.com | +91 97738 31114

INTERNATIONAL PARTICIPATION & MEDALS

**WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM
EVENT DAY1 RECOGNISED PAIR POOMSAE U60
MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024**



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM EVENT - RECOGNISED PAIR POOMSAE U60

MASTER DR ASHOK KUMAR LENKA & MASTER SABITRI PRADHAN - 30 NOV 2024

5TH POSITION IN THE WORLD CERTIFICATE



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

ONLINE WORLD POOMSAE CHAMPIONSHIP 2020

BRONZE MEDAL IN POOMSAE U60 AGE CAT



A photograph of Master Ashok K Lenka receiving a bronze medal. He is wearing a yellow taekwondo uniform and a black belt. The background shows other participants and a large Indian flag. The text "MASTER ASHOK K LENKA BAGGES BRONZE MEDAL FOR INDIA" is overlaid on the image. Below the photo, there is a table showing the results for the Under 60 - Male category.

**MASTER ASHOK K LENKA
BAGGES BRONZE MEDAL FOR INDIA**

2020 ONLINE WORLD POOMSAE CHAMPIONSHIP

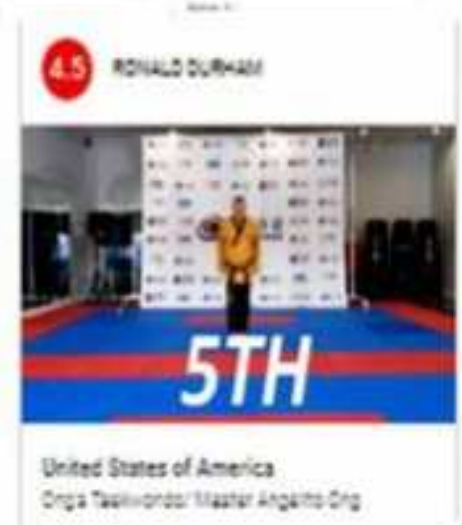
Under 60 - Male

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

IOFTC USA INTERNATIONAL MEDAL IN POOMSAE U60 AGE CAT-2020



IOFTC USA 1960: Black / Black



INTERNATIONAL PARTICIPATION IN POOMSAE U60 AGE CAT-2020



1st Online Daedo Open European Poomsae Championships

Recognized Poomsae - Individual (127)

Division

Male Under 60 (4)

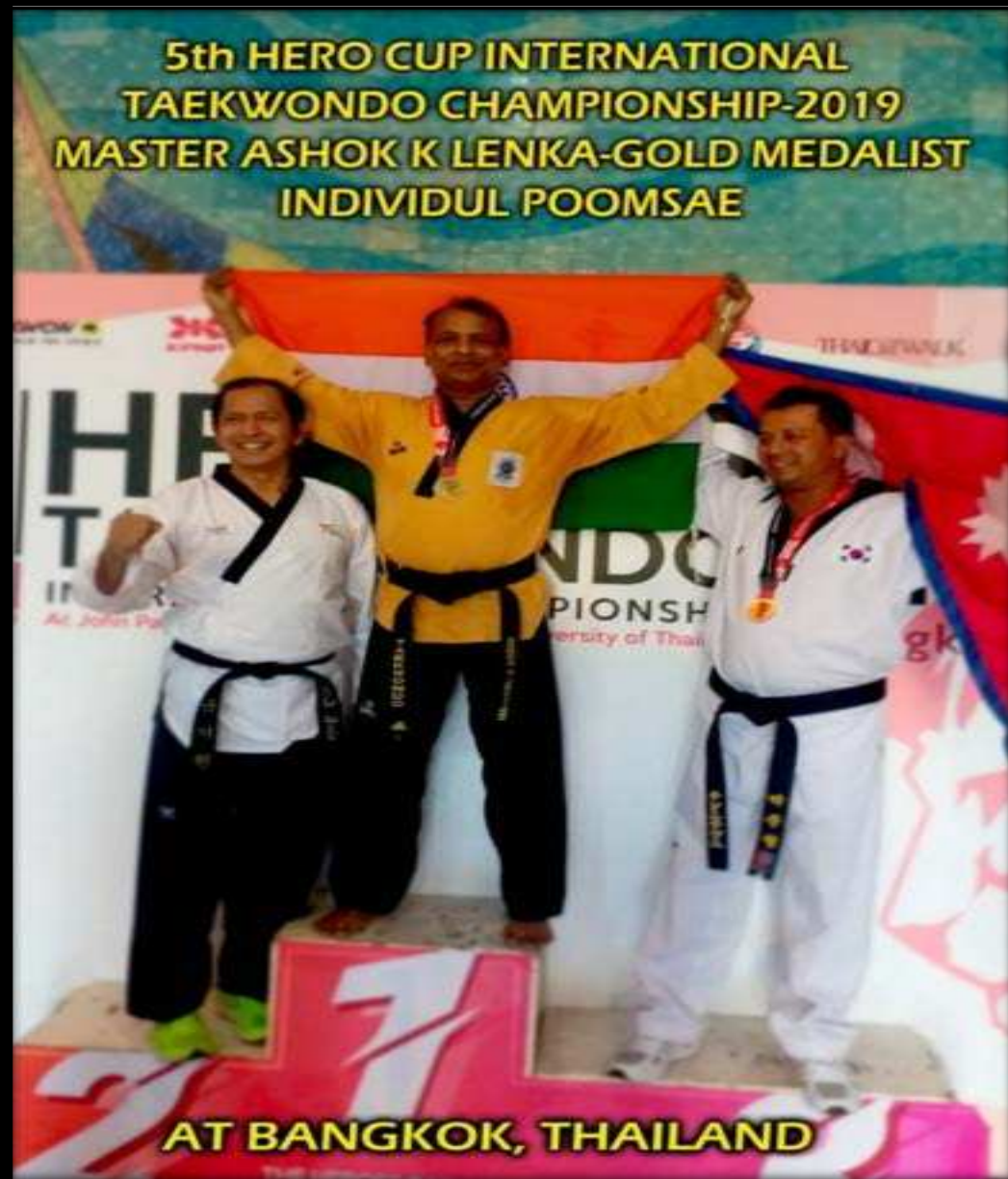
Name	Country
 ASHOK KUMAR LENKA (IND-3513)	 India
 Hans Brian Aakmann Christensen (DEN-2773)	 Denmark
 Senol CUDIN (TUR-7533)	 Turkey
	United States



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



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



5TH HEROCUP BANGKOK, INTERNATIONAL TAEKWONDO CHAMPIONSHIP COACH-2019



BEST PLAYER OF 5TH HEROCUP IN MASTERS CATEGORY

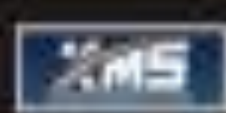
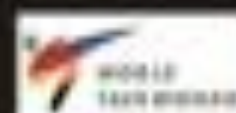
NATIONAL MEDALS & SELECTION TRIALS

TAMILNADU STATE CHAMPIONSHIP-2024



TAMILNADU STATE CHAMPIONSHIP-2022-23





HAWRANG ACADEMY (REGD)

INTERNATIONAL ISO 2009 - 15 CERTIFIED ACADEMY

TAMILNADU STATE LEVEL TAEKWONDO CHAMPIONSHIP - 2022 - 23



Founder & Chief Coach

Tamil Nadu State Level
Tamil Nadu State Level
Tamil Nadu State Level

**HAPPY
NEW YEAR
2023**

10 GOLD 6 SILVER 13 BRONZE TOTAL : 29 MEDALS / 43 PARTICIPATED

BRANCH 1

Madhavpur Road

101 Jeeva, Opp. FTMS Bldg, - Kumbakonam, Pudukottai District, Tamil Nadu

BRANCH 2

Adarsh IAS Road

BRANCH 3

Subramanian Nagar

Chennai Nagar, Chennai

BRANCH 4

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Through Zoom app

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A group of 23 students, 14 girls and 9 boys, posing in three rows. Most are wearing blue KVS uniforms. Many are making 'V' hand gestures. Some students have 'NATIONAL' written on their chests. One student on the far right is wearing an orange shirt and holding a certificate.

14 KVS NATIONALS QUALIFIER-2023

KENDRIYA VIDYALAYA

CHENNAI REGIONAL CHAMPIONSHIP-2023

23 PARTICIPANT 14 GOLD 06 SILVER 03 BRONZE

AFFWA TAEKWONDO ACADEMY
OLYMPIC CENTRE
TAEKWONDO
HAWRANG MEANS
KYORUGI



HAWRANG K. LOKAP
AT LEBANON A
CHAMP

AFFWA TAEKWONDO ACADEMY
35 YEARS OF LEGACY OF EXCELLENCE
TAEKWONDO
TRAIN WITH THE LEGEND



PRIDE OF INDIA
5TH RANK IN THE WORLD

MASTER DR ASHOK KU LENKA, PLAYED INDIA
AT HONG KONG WORLD SENIOR POOMSAE
CHAMPIONSHIP-2024 & BAGED 5TH POSITION

ADMISSION OPEN
2025-2026

9790752227 / 9444386292

9790752227 / 9444386292

AIR CMDE PRADEEP SHARMA, VSM, AIR OFFICER COMMANDING, AFS AVADI

Chalansis

Haw

HAWRANG INTERNATIONAL TAEKWONDO ACADEMY
HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS 香港2024



STHIRANN IN THE WORLD / TEAM INDIA PLAYERS / MEDALISTS / NATIONAL PLAYERS / MEDALISTS & COACHES

SPORTS : TAE KWON DO - டேக்வாண்டோ

KOREAN KARATE - கொரியன் கராத்தே AN OLYMPIC SPORTS - ஒரு ஒலிம்பிக் விளையாட்டு

Join & Practice with Team India Player, National Champions

இந்திய அணி வீரர்கள், தேசிய சாம்பியன் உடன் இணைந்து பயிற்சி செய்யுங்கள்.

International Licensed Highly Experienced Instructors/ Coaches

சர்வதேச உரிமம் பெற்ற அறிக்க அனுபவம் வாய்ந்த பயிற்றுனர்கள்/ பயிற்சியாளர்கள்

CALL FOR SHORT/ LONG SUMMER/ WINTER CAMPS/ SPECIFIC TRAINING FOR SCHOOL OR INSTITUTION / PROFESSIONAL SELF DEFENCE PROGRAMS OR MARTIAL PROGRAMS

ADVANTAGE OVER OTHER MARTIAL ARTS
மற்றதற்கு அப்பாற்பட்டவைகளைவிட உயர்நன்மைகள்

This is An Olympic Sport - இது ஒரு ஒலிம்பிக் விளையாட்டு
Sports Authority of India (SAI 50%)
இந்திய விளையாட்டு ஆணையம்
Tamil Nadu School Games Competitions
தமிழ்நாடு பள்ளி விளையாட்டு போட்டிகள்
CBSE/KVs Zonal/Regional/National School Games
CBSE/ KV பள்ளி விளையாட்டு போட்டிகள்
Sports Development Authority Govt Of Tamilnadu
SDAT, தமிழ்நாடு அரசு
It's In School Games Federation of India (SGFI)
இது SGFI விளையாட்டு போட்டியில் உயர்ந்த
In The Paramilitary Forces
துணை ராணுவப் படைகளில் உள்ளது
All India Police Sports Competitions
அனைத்து இந்திய போலீஸ் விளையாட்டு போட்டிகள்
University sports competitions
பல்கலைக் கழக விளையாட்டு போட்டிகள்
This includes in the Air Force, Army and Navy.
இது விமானப் படை, ராணுவம்,
கடற்படை ஆகியவற்றில் உள்ளது
Certificates Valid For Sports Quota Of Education & Job
விளையாட்டு ஒதுக்கீட்டிற்கு செல்லுபடியாகும் சான்றிதழ்
கள்
Black Belt certification is valid in 190 countries.
கருப்பு பெய்சான்றிதழ் 190
நாடுகளில் செல்லுபடியாகும்.

Tackwondo

BENEFITS
நன்மைகள்

Build You As Champion - உங்களை சாம்பியனாக உருவாக்குங்கள்
Become a Black Belt - கருப்பு பெய்ஸ் ஆகுங்கள்
Learn to Defend - உங்களை பாதுகாக்க கற்றுக்கொள்ளுங்கள்
Improves Strength - வலிமையை மேம்படுத்துகிறது
Improves Fitness - உடற்பகுதியை மேம்படுத்துகிறது
Improves Flexibility - நெகிழ்வுத்தன்மையை மேம்படுத்துகிறது
Sharper Reflex & Focus - கூர்மையான அபிவிருத்தி
Improves Self Confidence - நன்மையில் கையேடு மேம்படுத்துகிறது
Reduces Stress - மன அழுத்தத்தை குறைக்கிறது
Empowers Girls - பெண் குழந்தைகளுக்கு அதிகாரம் அளித்தல்
Life Skills - வாழ்க்கைத் திறமைகள்
Self Discipline - சுய ஒழுக்கம்
Self Defence - தற்காப்பு

PRIDE OF INDIA
WORLD CHAMPIONSHIP MEDALIST

BRANCHES - OUR BRANCHES - SUMMER ADMISSION OPEN FOR ALL
Branch-1: Kalivani Arangam, Girinagar, Ordnance Clothing Factory
Branch-2: Mukherjee Hall, Indian Air Force, Avadi, Near PTM

NATINAL CADET & JUNIOR CHAMPIONSHIP



राष्ट्रीय कैडेट और जूनियर ताइक्वांडो चैम्पियनशिप में जीते तीन पदक

संतोष चंदा

देहरादून। हॉवरंग अकादमी चेन्नई के होनहार जाम्बाज खिलाड़ियों ने भारतीय ताइक्वांडो महासंघ द्वारा देहरादून (उत्तराखंड) में 27 मई से दो जुन तक आयोजित राष्ट्रीय कैडेट और जूनियर ताइक्वांडो चैम्पियनशिप में खूबशूर प्रदर्शन करते हुए तीन पदक जीतकर राष्ट्रीय स्तर पर रमितावाद का गौरव बढ़ाया। इस चैम्पियनशिप का उद्घाटन उत्तराखंड की खेल और युवा मामलों की मंत्री रेखा आर्य ने किया था।

ताइक्वांडो प्रशिक्षक अरुण ललितनाथ ने प्राप्त जानकारी के अनुसार उत्तराखंड के देहरादून में 27 मई से दो जुन तक भारतीय ताइक्वांडो महासंघ द्वारा राष्ट्रीय कैडेट और जूनियर ताइक्वांडो चैम्पियनशिप आयोजित की गई थी। प्रतिभागिता में देहरादून से आठ होनहार खिलाड़ियों ने अपना दमखम और कौशल दिखाया। इस प्रतिभागिता में हॉवरंग अकादमी के पांच होनहार खिलाड़ियों (3 कैडेट और 2 जूनियर) ने सब्जेक्टिव में अपना दमखम दिखाया। इन खिलाड़ियों का मार्गदर्शन हॉवरंग एकेडमी के कोच कलिंग कुमार लेंका तथा मैनेजर किरुबकनन करुणामन ने किया। प्रतिभागिता में जूनियर खिलाड़ी उदय साई ने फाइनल 77.3 किलोग्राम ली के, लोकप्रदीप ने प्यथिगत प्रशिक्षक तथा व्यक्तिगत सहायता प्राप्त पुरुषों में पदक जीते।

कैडेट प्रशिक्षक पुरुषों प्यथिगत में लोकप्रदीप कुमार गुप्ता ने स्वर्ण पदक तो जूनियर सहायता प्राप्त पुरुषों प्यथिगत में के. लोकप्रदीप ने कांस्य पदक अपने नाम किया। होनहार के. लोकप्रदीप जूनियर प्रशिक्षक पुरुषों प्यथिगत में भी कांस्य पदक जीतने में सफल रहा। प्रतिभागिता में हॉवरंग अकादमी के उदय, सानु और अर्जुन ने भी खूबशूर खेल कौशल दिखाया, दुर्भाग्य से पदक नहीं जीत सके। हॉवरंग अकादमी के पदक विजेता खिलाड़ी अब एथिमाई कैडेट और जूनियर ताइक्वांडो चैम्पियनशिप ट्रायल में भाग लेंगे। यह चैम्पियनशिप इरावत महासंघ के अंतर्गत केन्द्रीय खेल एवं युवा मंत्रालय ने हाल ही में भारतीय ताइक्वांडो महासंघ को सम्बद्धता दी है। देखा जाए तो देश में ताइक्वांडो खेल में अकादमी विकास हो रहा है।





Certificate No: PAC23-11907

CERTIFICATE OF PARTICIPATION

This Certificate is presented to

LOKAPRADIP KIRUBAKARAN
(MALE - RECOGNISED INDIVIDUAL)

For His/Her participation in the 5th Asian Cadet Taekwondo
Poomsae Championships

September 9th, 2023
Beirut, Lebanon.


President LTF
Dr. Habib Zarifeh


President of WT Asia
Prof. Kyu Seok Lee

2023/10/7 23:59

HAWRANG ACADEMY



**MISS HARSHINI P BAGGS BRONZE
IN POOMSAE IND JUNIOR FEMALE**

**AT JUNIOR NATIONALS BANGALORE
REPRESENTING TAMILNADU**



HAWRANG ACADEMY
KMS & ISO CERTIFIED INTERNATIONAL ACADEMY
FELICITATION OF NATIONAL CHAMPION
MASTER K LOKAPRADIP
CADET TAEKWONDO POOMSAE INDIVIDUAL



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Many Congratulations

WITH MR BAHRI
HT COORDINATOR

PARENTS
FIRST REACTION

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



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

Qualified athletes need to send fulfilled form along with document and video link to IT Office before 23rd November 11.58 pm by email (indiatw@world2020@gmail.com)

Name of Athlete	ASHOK KUMAR LENKA
Age Group	UNDER 60
Address	801, APARAJITA APART, PANDIT BHAU, BUDHAPUR, MY DADA, INDIA PIN-600000
State	TAMIL NADU
Email	ashokkumar@gmail.com
Contact No	9950000000
Global Athlete License (GAL) Details	90-2019
Kukidown Poomsae Certificate No. / DAN certificate details No.	00000672
Eligibility Details	a. Are you member of Indian Poomsae Team (IAP) Status: YES/NO b. Are you Student of 2020 ONTPC - YES/NO ☒
Video Link (As per guidelines of IT)	1. Poomsae 1 - https://www.youtube.com/watch?v=H0193Lw7s 2. Poomsae 2 - https://www.youtube.com/watch?v=H0193Lw7s

Important Instructions

- Athlete need to submit Copy of following documents:
 - Copy of Athlete Card/Passport
 - Clear Passport size Photo of athlete
 - Global Athlete License (GAL) card (Valid till 31st December 2020)
 - Copy of Kukidown Poomsae Certificate / DAN certificate
 - Supporting Document for eligibility (e.g. Participation Certificate of IND-2019)
 - Details once submitted cannot be changed.
 - Failing to submit/substituting the false details before registration will not be consider for the Selection Trial.
 - For any query please contact us by email - indiatw@world2020@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 regulations of India Taekwondo

Name - Ashok Kumar Lenka _____ Place - My Dada, Chennai

Sign - _____ Date - 20/11/2020



NATIONAL MEDALIST

ONLINE NATIONAL POOMSAE TAEKWONDO CHAMPIONSHIP-2020



NATIONAL MEDAL FELICITATION BY VETERANS INDIA TAMILNADU CHAPTER



NATIONAL POOMSAE OPEN BY ALL INDIA UNIVERSITY TAEKWONDO COUNCIL



Certificate Of Achievements

INDIA, SBIGGEST ONLINE Open National Poomsae Championship



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

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



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



APPRECIATION FOR MY WORK DURING CORONA PANDEMIC-2020



Head Office: Plot No-6, 3rd Floor, Market Chamber-II, LIC, Sector-12 Dwarka, New Delhi-110078 | Landline No-011-2606870
 Mob: 981131987, 9711016261, 9711016262, 9711016263 | Email: veteransindia@gmail.com | Website: www.veteransindia.com

Corona



Warriors

CERTIFICATE OF APPRECIATION

This is proudly presented to
Veteran Ashok Kumar Lenka
 General Secretary Sports
Tamilnadu



In Appreciation of Outstanding Dedication And
 Service to The Nation And Fight Against Covid-19
 in Lockdown Period



BK Mishra
Veteran BK Mishra
 Founder & National
 President, Veterans India



**CORONA
 WARRIORS**



युवा SOCH

युवा SOCH



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



Rohit Kumar
DT ROHIT KUMAR
 FOUNDER



**STOP
 COVID-19**



DEV MANAV SEWA TRUST

Certificate of Appreciation

is Awarded to Real Corona Warrior

ASHOK.K.LENKA

G.Sect.SPORTS

VETERANS INDIA



for your contribution towards the country
 for the help and service of poor and needy people.
 We Salute you for your contribution to the country.



**MANAV SEWA
 PADAM AWARD**

**INTERNATIONAL QUALIFICATIONS IN
TAEKWONDO
FOR SELF & ACADEMY**

WORLD TAEKWOND LEVEL 1 COACH - KYORUGI



Participation Certificate

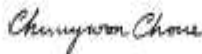
ASHOK KUMAR LENKA (IND-3513)

India

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

WT Coach Certification Course [Level I]

August 25 - September 7, 2023 | World Taekwondo

A handwritten signature in black ink, reading "Chungwon Choe".

Dr. Chungwon Choe
President, World Taekwondo



International Coach Certificate

ASHOK KUMAR LENKA (IND-3513)

India

Valid Until: 7th September 2025

This is to certify that the above named person has attained the qualification in the [Level I] WT Coach Certification Course conducted by the World Taekwondo.

WT Coach Certification Course [Level I]

August 25 - September 7, 2023 | World Taekwondo

A handwritten signature in black ink, reading "Chungwon Choe".

Dr. Chungwon Choe
President, World Taekwondo

WORLD TAEKWOND COACH - POOMSAE



International Poomsae Coach Certificate

ASHOK KUMAR LENKA (IND-3513)

India

Valid Until: 7th September 2026

This is to certify that the above named person has attained the qualification in the WT Poomsae Coach Certification Course conducted by the World Taekwondo.

WT Poomsae Coach Certification Course
September 2-7, 2024 | World Taekwondo

A handwritten signature in black ink, reading "Chungwon Choue".

Dr. Chungwon Choue
President, World Taekwondo

Act
Go

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

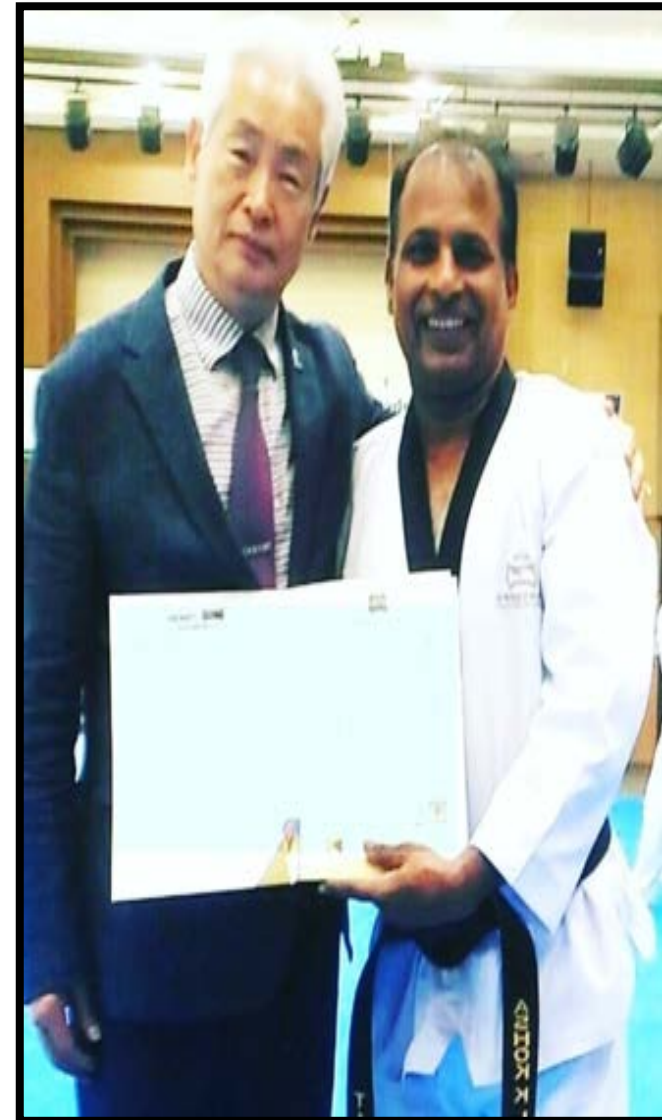


welcome to world Taekwondo Academy!

환 The 77th foreigner Taekwondo Master (1st,2nd,3rd) Training Course 영

DATE; July 8~13. 2019 Place; World Taekwondo Academy (Taekwondowon)

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



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



NATIONAL MASTER INSTRUCTOR 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



छात्रावास के राष्ट्रीय शिक्षा टाक्युव विभाग के इन्टर स्टैडियम में तमिलनाडु के प्रशिक्षकों को नेशनल मास्टर इंस्ट्रक्टर से सम्मानित किया गया।

प्रीतिश नटुन नेटवर्क
राजस्थान पत्रिका के अनुसार

चेन्नई, छात्रावास के राष्ट्रीय शिक्षा टाक्युव विभाग के इन्टर स्टैडियम में तमिलनाडु के प्रशिक्षकों को नेशनल मास्टर इंस्ट्रक्टर से सम्मानित किया गया। इस शिबिर में निर्वाचित राष्ट्रीय के 120 कोचों ने हिस्सा लिया। इन कोचों को प्रशिक्षण के बाद नेशनल मास्टर इंस्ट्रक्टर से सम्मानित किया गया। इस शिबिर के आयोजन का मुख्य उद्देश्य राष्ट्रीय व अंतरराष्ट्रीय स्तर की प्रतियोगिताओं के लिए भारतीय प्रतिस्पर्धी को तैयार करना है।

शिबिर में तमिलनाडु के सहायक शिक्षकलल्लू को सहायक अकादमी, आईएफएफ, आयवटी के अलावा कुमहार लोका, मास्टर सोलेष भास्कर, मास्टर रामलिंग भारती, मास्टर रघु, मास्टर प्रेमलक्ष्मी, मास्टर पुष्पेन्द्रलक्ष्मी और मास्टर शिवा ने हिस्सा लिया। इस कार्यक्रम में तमिलनाडु लाइफटाइम एसोसिएशन के अध्यक्ष डा. श्रीधर और टीएनटीआई के महा सचिव प्रभात शर्मा का विशेष सहयोग रहा।



WITH PAUL GREEN & GARETH



FELICITAION BY PRESIDENT TNTA

NATIONAL MASTER INSTRUCTOR

ताईक्वोंडो फेडरेशन ऑफ इंडिया
TAEKWONDO FEDERATION OF INDIA

Certificate

License No. 012/2018 Date of Issue 07-04-2018

Name Mr. Balraj Kumar Sanka

Father's Name Balraj Chandra Sanka

State T.N.

This is to certify that the person named above is a qualified TFI 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, Howar, Ranchi, Jharkhand

PAUL ANTHONY GREEN
Olympic Coach

PRADHAT KUMAR SHARMA
Secretary General
TAEKWONDO FEDERATION OF INDIA

CHETAN ANAND
President
TAEKWONDO FEDERATION OF INDIA

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



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



PHILLIPINES INTERNATIONAL SPEED KICKING CHAMPIONSHIP HEAD OF TEAM INDIA -2020



2ND INDIA OPEN G1 INTERNATIONAL CHAMPIONSHIP COACH-2019



SMT SANKHATEE SUDHA LENKA
1ST DENA, MANAGING DIRECTOR
BAWRING ACADEMY



AFWNR/HANWRANG ACADEMY PARTICIPANTS NAME :

CADET : U.HARIPRASATH, RITHVIK KIRAN, V.VIDHYACHARAN, MUKESH RAO, M.AAKASH
JUNIOR : P.TANUSHRI, ANJISHA RAMANATHAN, ARYAN KUMAR LENKA

SENIOR : S.HARSH, ARATHI RAJAN, M.YOGESH, B.PRASHANTH, S.YOKASH, MHEWANTH SAI, V.BALAKRISHNAN, V.PONBESARAN



ASHOK K LENKA
6TH DAN BLACK BELT
INTERNATIONAL MASTER
INTERNATIONAL COACH
INTERNATIONAL MEDALLIST

ताइक्वांडो चैंपियनशिप

देश का प्रतिनिधित्व करने के लिए तैयार टीम



देश के नाम पर तैयार तैयार टीम

चैंपियनशिप

चैंपियनशिप में भाग लेने वाले खिलाड़ियों के लिए तैयार की गई टीम।

चैंपियनशिप

चैंपियनशिप में भाग लेने वाले खिलाड़ियों के लिए तैयार की गई टीम।

चैंपियनशिप

चैंपियनशिप में भाग लेने वाले खिलाड़ियों के लिए तैयार की गई टीम।

சர்வதேச டேக்வாண்டோ: பள்ளி மாணவருக்கு வெண்கலம்

சென்னை, ஜூன் 18-

சர்வதேச டேக்வாண்டோ போட்டியில், பள்ளி மாணவர், வெண்கலப் பதக்கம் வென்றார். இந்திய டேக்வாண்டோ கூட்டமைப்பில் சாம்பியன், சர்வதேச அளவிலான, டேக் வான்டோ சாம்பியன்ஷிப் போட்டி, ஐதராபாத், ஜி.எம்.சி., பாலபோலி அரங்கில், சமீபத்தில் நடந்தது. இந்தியா உள் ஸிட்ட, 28 நாடுகளை சேர்ந்த, 2,000க்கும் மேற்பட்ட வீரர் - வீரைய்களையும், திறமையை வெளிப்படுத்தினர். இதில், மாத்தூர் பகுதி, எவர்லிஸ் வித்தியாசம் பள்ளி ஸைப் சேர்ந்த, 8ம் வகுப்பு மாணவர், ஜூரி பிரசாத், 'கேட்' 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

आज रातक मुर्ती

चैंपियनशिप में भाग लेने वाले खिलाड़ियों के लिए तैयार की गई टीम।



चैंपियनशिप में भाग लेने वाले खिलाड़ियों के लिए तैयार की गई टीम।



டேக்வாண்டோ போட்டி 16 பேர் பங்கேற்பு

சென்னை, ஜூன் 18- சர்வதேச அளவிலான டேக்வாண்டோ சாம்பியன்ஷிப் போட்டி, 8ம் வகுப்பு மாணவர், ஜூரி பிரசாத், 'கேட்' 33 வயது பிரிவில் பங்கேற்றார். அவர், இப்போட்டியில் மூன்றாம் இடம் பெற்று, வெண்கலப் பதக்கம் வென்றார். வெற்றி பெற்றோருக்கு பரிசுகளும், சான்றிதழ்களும் வழங்கப்பட்டன.

JUNIOR NATIONAL COACH (TAMILNADU)

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



कर्नाटक के शिमोगा के एसडीएटी नेहरु इनडोर स्टेडियम में हाल ही आयोजित चार दिवसीय 38वीं जूनियर कियोरुगी एवं 11वीं पूमसे नेशनल में तमिलनाडु राज्य की टीम ने 16 कियोरुगी (जिनकी उम्र 15-17 साल एवं वजन) व 10 पूमसे यानी कुल 26 लड़कियों ने हिस्सा लिया। इनका नेतृत्व कोच अशोक लेंका ने किया। इन्होंने कुल 2 गोल्ड व 10 सिल्वर जीता।



YOGA A WAY OF LIFE - QUALIFIED



APPRECIATION DURING MY SERVICE IN INDIAN AIR FORCE

INDIAN AIR FORCE APPRECIATION CERTIFICATES



THE BLACK PANTHERS

कमान अफसर द्वारा प्रशंसा

687549-A SGT LENKA AK. ELECT/RET

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



(एन.जे.एस. डिप्टी)

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 & Karate) / Adventure Club under Air Force Wives Welfare Association (AFWWA) at various Air Bases, namely, Air Force Station Adampur (1992-1995), Air Force Station Awarapour (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.



Date: 20 Jun 06

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

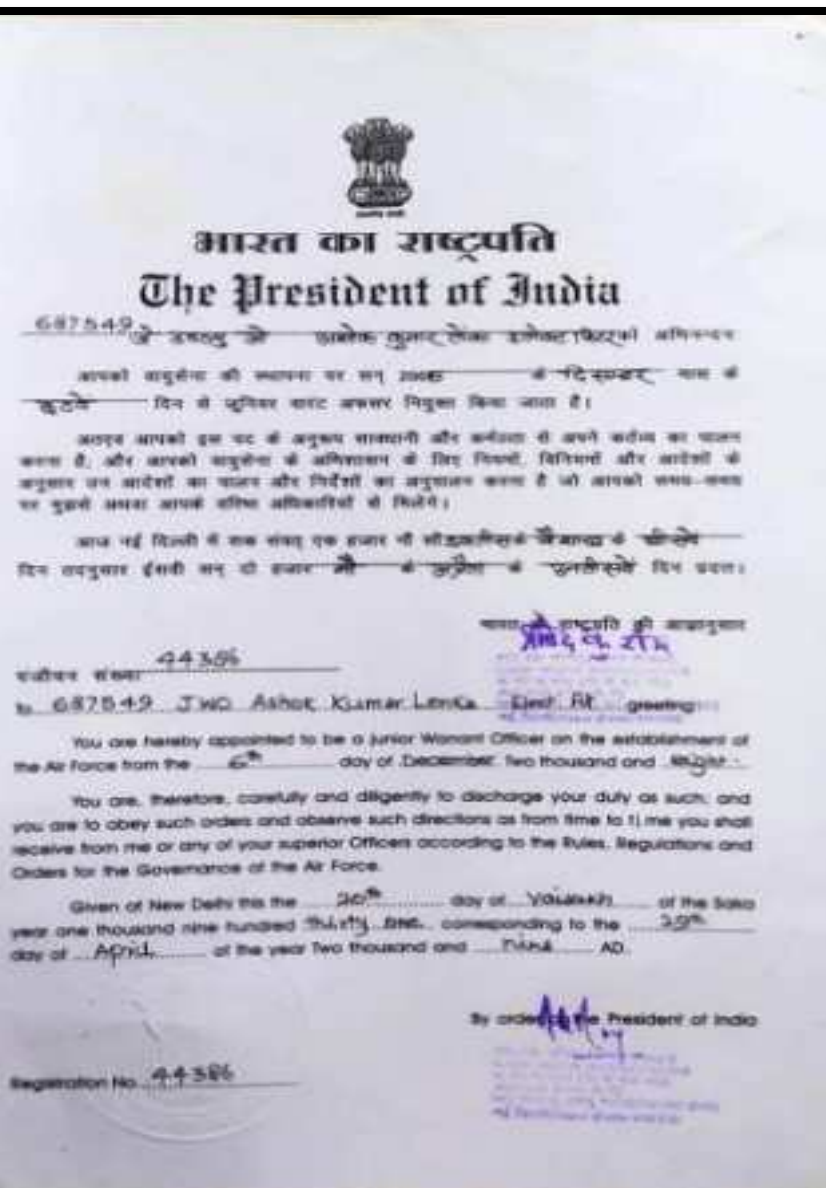
PRESIDENT STANDARD PRESENTATION BY 37 & 48 SQN, INDIAN AIR FORCE APPRECIATION CERTIFICATES



PRESIDENT STANDARD PRESENTATION BY 37 & 48 SQN, INDIAN AIR FORCE APPRECIATION CERTIFICATES



GAZZETTED OFFICER CASS –II AT IAF



gazetted officer, which refers to a government official in India whose appointment is published in the official Gazette. These high-level employees hold significant authority and are responsible for policy and administrative work. Their signature, stamp, and seal are required to verify and attest important documents for legal and administrative purposes.



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 : paarthas5@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: 9840028572

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 thru AFWWA HAWRANG 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 time 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 Taekwondo Academy, I learnt, was his student and he is not a veteran, whereas 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,

Yours sincerely
[Signature]

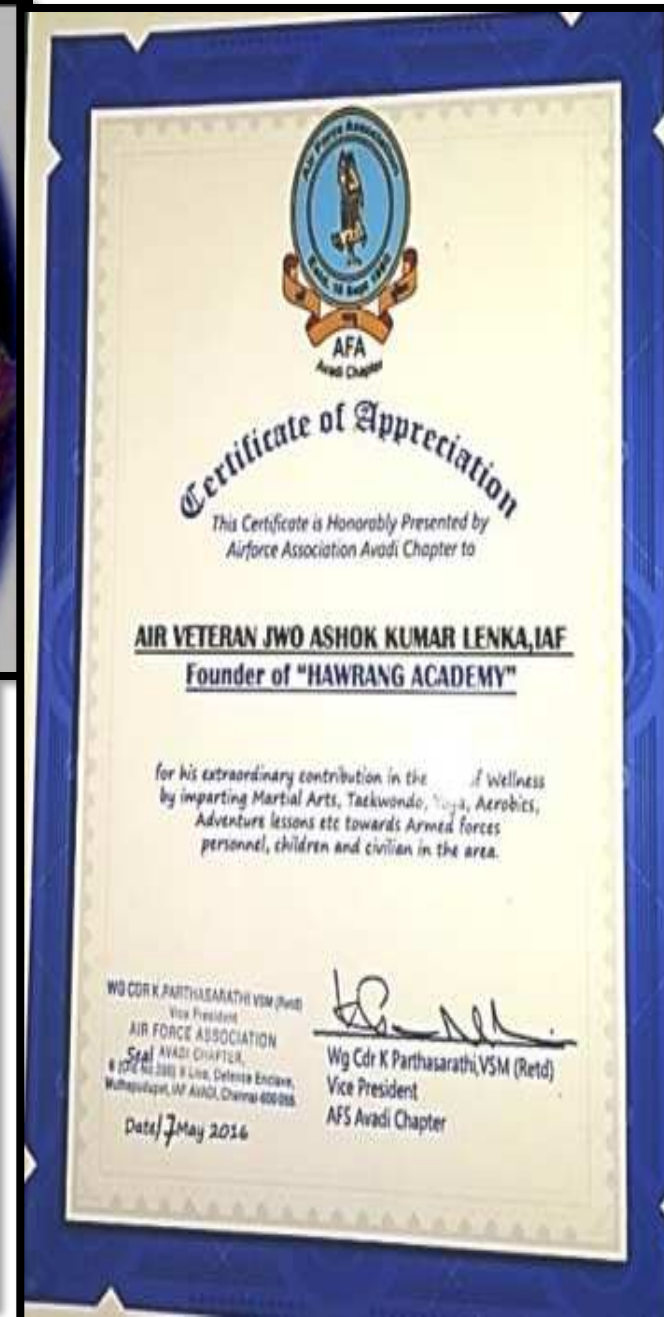


AIR FORCE
ASSOCIATION
(AFA)
IAF AVADI
CHAPTER

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 PARTHASARATHY
(RETD),
VICE PRESIDENT AVADI
CHAPTER



AIRFORCE FAMILY WELFARE ASSOCIATION APPRECIATION CERTIFICATES



Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon

President AFWWA (L), BHUJ

Tel: 02832 - 223450 / 51 / 52

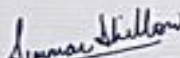
Ext: 328

Date: 13 JUL 06

Certificate

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

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


MRS SIMMAR DHILLON
PRESIDENT
AFWWA (L), BHUJ



Air Force Wives Welfare Association (Local)

Mrs. Simmar Dhillon

President AFWWA (L), BHUJ

Tel: 02832 - 223450 / 51 / 52

Ext: 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. Bravo! Keep it up.


MRS SIMMAR DHILLON
PRESIDENT
AFWWA (L), BHUJ

ACADEMY AT BHUJ WAS ON "BLUE GLORY" MAGAZINE



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.

SOCIAL CONNECTION

NATIONAL SCHOLARSHIP BY HAWRANG ACADEMY TO NATIONAL MEDALIST



DEMO PARTICIPANTS CERTIFIED



HAR GHAR TIRANGA BY HAWRANG ACADEMY AT IAF AVADI



CHIEF GUEST AT JAYA PUBLIC SCH SPRTS DAY -2020



JAYA PUBLIC SCHOOL
C.T.H Road, Prakash Nagar, Thiruvinnar, Thiruvallur Dt - 602 024



**ANNUAL
SPORTS DAY
2020**

Management staff and students cordially invite all on 01.03.2020 Sunday at 9am
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Declared by Chief Guest
AWARD WINNER of "PRIDE OF NATION"
AIR VETERAN ASHOK KUMAR LENKA (E4 - IAF)
MBA, M.Fed., S.E (IAF), PGDMC, PGDCA
National Secretary Sports and Adventure VETERANS INDIA
Nominated National Land Adventure award from IAF
Founder Director of HAWRANG SPORTS ACADEMY
Master of Kukkiwon University, South Korea
Black Belt 6th DAN Taekwondo, 2nd Dan Hapkido,
3rd Dan Kenbudo, 3rd Dan Seilum
International Taekwondo Medalist,
International Taekwondo Coach,
International taekwondo Master Instructor

Our Honourable Chairman JET
Prof.Dr.A.Kanagara M.A., M.Phil., Ph.D.,

In the presence of
Mrs.K.Vijayakumari M.A., B.Ed.,
Secretary - JET

Er.K.Navaraj M.Tech
Vice Chairman, JET

Dr.K.Deena M.D
Joint secretary, JET

Mary Retna Selvi M.Sc., B.Ed., M.Phil.,
Principal - JPS

YOGA QUALIFIED



VETERANS INDIA SPORTS CELEBRATES INTERNATIONAL YOGA DAY


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Ministry of AYUSH,
Govt. of India,
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MY INTERVIEW OLYMPIC GOLD MEDAL FOR SUBEDAR NEERAJ CHOPRA

राजस्थान पत्रिका

चेन्नई, रविवार, 15 अगस्त, 2021

12

ଉତ୍କଳ

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

हुनर को गांव में तलाशें और तराशें

पुनर्वसन रवी

चेन्नई: सत्रा अरब से ज्यादा की जनसंख्या में से हम सिर्फ सात खिलाड़ी ही ऐसे बना सके जो टोक्यो ओलंपिक में मेडल जीतने का पक निकले। मैदान में हमारी स्थिति 45वें स्थान पर रही। देश की इतनी में एक खेल, दो खिलाड़ी और चार करोड़ पढ़क ही आ सके।

सवाल खड़ा होता है हमारी पूरी खेल व्यवस्था पर। अखिर हमका जिम्मेदार कौन है? राजस्थान पत्रिका की वेटरनर इडिवा मस्टेर्स विंग के संस्थापक निदेशक व महासचिव डा. अलोक कुमार लेका ने बताया कि हम खेलों को नहीं देखते। वेटरनर इडिवा मस्टेर्स विंग के खिलाड़ियों पर पैरों की बर्बाद कर दी जाती है। हम खेलों को नहीं देखते। दूसरी बात हमने आई खेल संघों के इंग्रेड और पूर्ण खिलाड़ियों को अपना ध्यान नहीं देना।

गांवों में तलाशनी होगी प्रतिभाएं : वेटरनर इडिवा मस्टेर्स विंग के संस्थापक निदेशक व महासचिव डा. अलोक कुमार लेका का कहना है कि हम खिलाड़ियों की पौध को संभालने में नाकाम साबित हो रहे हैं। हमको फलतः बन रही है हमारी व्यवस्थाएं। जिनको आज बदलने की जरूरत है। अगर हमने खिलाड़ियों की पौध अपने से लेकर भी ली है तो हमका हमारी ओली में मेडल की संभावना कहीं ज्यादा होती। कुछ अच्छा करना है तो शुरू से शुरू



करना होगा। सेलेक्शन टीम बनाई जाए, उसको गांव-गांव, शहर-शहर में भेजकर खेल प्रतिभाओं की खोज जाए। जिनसे खिलाड़ी बनने का हुनर दिखे उनको मेडल प्रतिभाएं उपलब्ध कराया जाए।

सुनिश्चिती कांचा व सुविधाएं उपलब्ध हो : अलोक कुमार लेका मानते हैं कि राष्ट्रीय प्रतिभाएं सभी एंजेलों में प्रतिभाएं शामिल नहीं कर सकते। ऐसे खिलाड़ियों को अपने बदने के लिए सरकार क्यों अपने नहीं आती? प्रोफेशनल ग्राहक है कि खिलाड़ी खुद फलतः पास आएं लेकिन अंतर्गत लगे से वे प्रतिभाएं राष्ट्रीय स्तर तक नहीं लगे पाती। इनकी लाजबंद होगी। उन पर निवेश करने के साथ मेडल सुनिश्चिती कांचा और सुविधाएं उपलब्ध कराई होगी।

खिलाड़ी खुद को मानने सेना का जमाना : खिलाड़ियों के बचपन पर डा. अलोक कुमार लेका ने कहा कि खिलाड़ी हमका को खुद को सेना का जमाना मानें जो बॉडी पर जल देकर देश की आन मान और सन बचाता है। टीका इसी तरह खिलाड़ी भी मैदान में खुद को आर या पार वाली स्थिति के लिए तैयार रहें तभी हमारी इतनी में भी अधिक पढ़क आएंगे।



ସୁନା ଜିତିଲେ ସୁନା ପୁଅ



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व सामाजिक दिवस के

है **जी नहीं**
ध्याय प्रवर
साधना हो तो
सी से निर्जरा
कार नहीं रह
इस्य के पास
ष्य साधु के
भी अधिकार
मय आदेश
य में कर्तव्य
है। चतुर्विध
न करोगे तो
र ने आचार्य
ता का कभी
जीवनकाल
हम द्वेष करते हैं उसका
रक्षण में प्रेमपूर्वक त्याग
या क्रिया का बंध होगा।
र होगा, कचरा फेंका तो
का चरित्र बदल जाता

आत्माराम

नमूनि ने अमण संघ के
काल वे भारतीय दर्शन
के द्वारा लिखा विवेचन
आधार पर पढ़ दिए जाते
टन नहीं होता था। सन्
की गैर-मौजूदगी में ही
गया। यह उनकी योग्यता

बचपन में ही माता-पिता
कनिष्ठ होकर जान-प्यार

पुलिस के अनुसार रमेश अपने
पत्नी के साथ मरु गया हुआ है।
उसका पुत्र महेश ही था जो स्कूल
छुट्टी नहीं करने के इरादे से यहीं रह
गया।
बुधवार सुबह महेश अपने

प्रतिभा

ताइक्वांडो में



समारोह में पुरस्कृत विजेता प्रतिभागियों के साथ अतिथि

सात स्वर्ण पदक जीते

चेन्नई तमिलनाडु राज्य ताइक्वांडो
प्रतियोगिता दिण्डीगुल में आयोजित
की गई। अशोक कुमार लेंका ने
बताया कि एयर फोर्स स्टेशन

बैठक

21जी ने उनकी बाइक को पोंछे से
टक्कर मार
संतुलन बिगड़
बस के आगे
महेश को कुच
गई जबकि

फ्रेंकवार हो गया।



आवड़ी के प
आहूजा ने प
सम्मान किया। हारंग अकादमी एयर
फोर्स स्टेशन आवड़ी से 40
ताइक्वांडो एथलीटों के दल ने
हिस्सा लिया। इस दल ने सात स्वर्ण
पदक जीते। तिरुवल्लूर जिले को
सब जूनियर ट्राफी मिली। सब

आराधना, रखक तथा कैडेट श्रेणी
में विजेक एवं श्रद्धिका थे।
तमिलनाडु ताइक्वांडो के सचिव
सेल्वमणि का भी विशेष सहयोग
रहा।

एसएसआई से क
एक दुकानदार ने
बोतल उठाकर पल
पेट में घोंपी और
उसे रोकने ग

जय मिश्र

CHIEF SPEAKER AT ANNUAL DAY OF BHAGAT SENA, BHADRAK



GUEST AT NATIONAL SPORTS DAY BHADRAK WITH HONOURABLE MLA SHRI SANJIB MALLICK



CHIEF GUEST ON 73RD INDEPENDENCE DAY CELEBRATION AT CHARAMPA MAHAVIDYALAYA, BHADRAK

CHARAMPA MAHAVIDYALA, BHADRAK



CHIEF GUEST ON 73RD INDEPENDENCE DAY CELEBRATION AT EXSERVICEMEN ASSCIATION BHADRAK



PICTORIAL HISTORY OF HAWRANG ACADEMY-1990-2012



Hawrang at AFS Adampur, Punjab IAF 1990-95 & at AFS Awantipur J&K, IAF, 1995-97



AIR CMDE TMASHANA & V/C RAJKUMAR, 22105 CO

WITH KV NO1 PRINCIPAL STAFF & 88 DEMO STUDENTS

WITH SPORTS MIN & KOREAN AMBASSADOR, TFI PRESIDENT MR JIMMY R JAGTIANI & MR LOKPATI TRIPATHY

WITH AOC AF BNG WITH ATHLETIC MEET DEMO TEAM



Air Force Technical College (AFTC), Jalahalli East/West, from IAF, 1997-2001 & ATAFS Nal, Rajasthan, IAF, 2001-03



AVM SK JINDAL, CMDT AFTC AIRCMDE BADRINARAYAN, CMDT AFTC, AIR CMDE KAKKAR CMDT AFTC AT KOLAYAT, NAL



Hawrang at AFS Bhuj, Gujarat, IAF, 2003-08 & at AFS AVADI, Chennai, IAF, 2008-2012



AIR CMDE NJS DHILLON & MRS SIMMAR DHILLON AIR MSHL (MRS) SARITA MEHRA AIR CMDE HAVILDAR & CO MTTI AIR CMDE KAKAR AOC JALAHALLI

**APPRECIATIONS AFTER IAF SERVICE LOCAL/ STATE/
NATIONAL LEVEL**

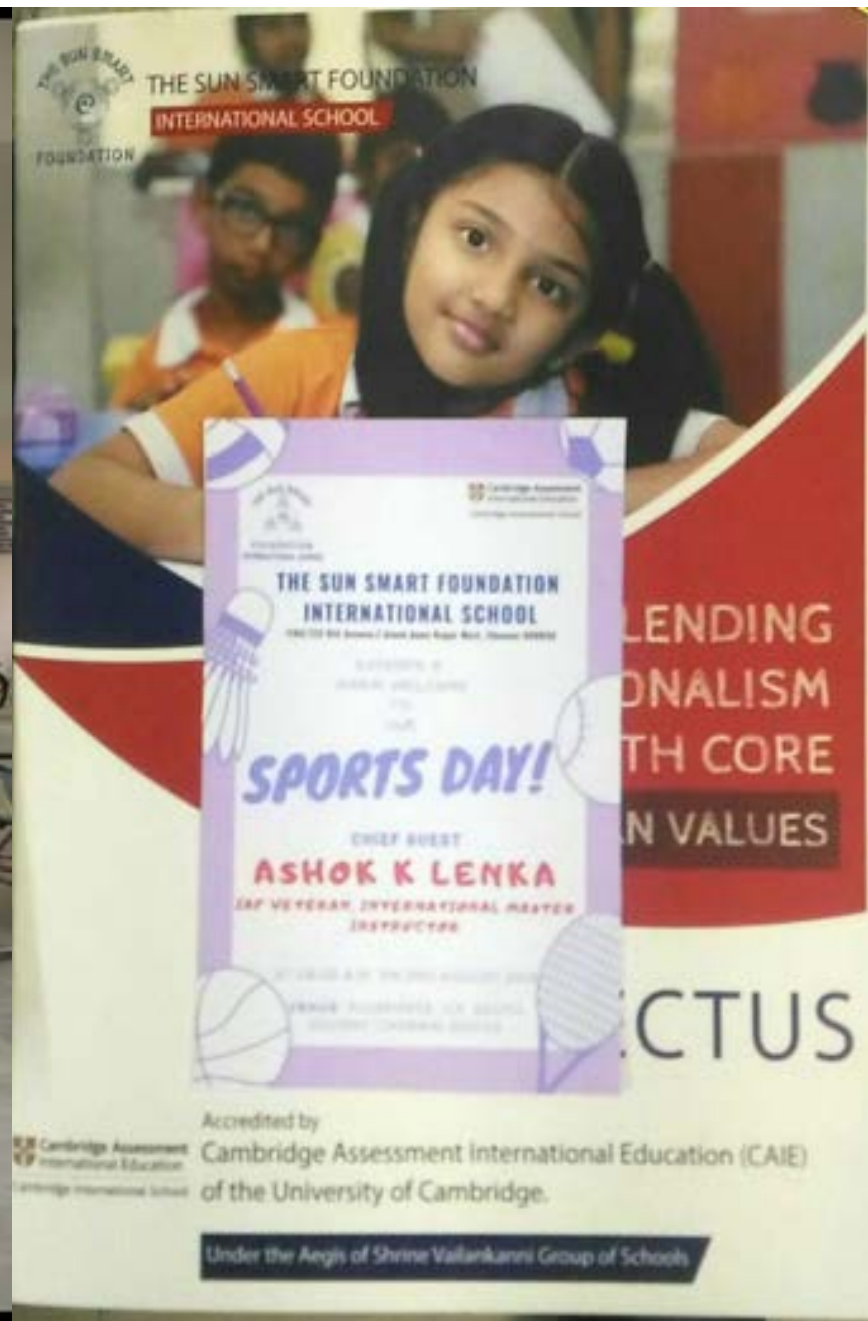
Brief Journey

1. Took Birth on 13 June 1968 village Tentuligadia, Charampa, Bhadrak Odisha.
2. High School passed 1984 from RCBL School & 10+2 Passed 1986 from Bhadrak College Bhadrak.
3. Was Athletic Champion of school 1982-83 & 1984. Bhadrak college Athletics runners up 1985-86
4. Joined Geology Hons 1986-87 at Dharani Dhar College Keonjhar.
5. Was Athletics Champion of DD college. After 1 year study at DD college discontinued and
6. Joined India Air Force on 10 Jul 1987 & batch no ES-28 E&ITI Bangalore
7. Played inter Ab-initio Athletic meet at ATI, Belgaum-1988
8. During Training started Karate practice till Mar 1989. Become a green belt in Karate
9. Taekwondo training started since then with Master Babu T Raghu till 2015.
10. Passed out as Electrical Fitter on 31 Dec 1989
11. Joined SAM 3 training at Delhi 1989 to June 1990. Was best in training. Record holder in loading SAM III missile loading.
12. Joined 2210 Squadron Air Force at 8 Wing Adampur June 1990.
13. 1991 & 1992 was Champion athlete Inter Unit & Inter Wing.
14. Selected to represent WAC at Inter-command Athletic meet-1992.
15. Was in Command Athletic Camp at 12 Wing Chandigarh. Had really a great training in track and field along with several weight training, sand, hill training programmes. Every day early morning slow continuous running for 10 kms and some times I used to go for my 2nd call of nature at Rock Garden. During the WAC camp I have ran whole streets of Chandigarh.
16. Serious Taekwondo training started from 1992 onwards with Master.



Ashok K Lenka
— with **Subrat Ghadei.**

YESTERDAY AT 22:56



[illegible]

APPRECIATION BY NIRAPADA PRATISTANA



ନିରାପଦ ପ୍ରତିଷ୍ଠାନର ଦ୍ଵିତୀୟ ବାର୍ଷିକ ସମାରୋହ ଅନୁଷ୍ଠିତ
ବଂଚିତ ଶ୍ରେଣୀକୁ ଆଗକୁ ନେବା ଦରକାର; ପରିବାର ଅଦାଲତର ବିଚାରପତିଙ୍କ ମତବ୍ୟ

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ନିରାପଦ ପ୍ରତିଷ୍ଠାନର ବାର୍ଷିକ ସମୀକ୍ଷା

ଭବତଃ ୨୭/୯(ଭବିମ): ନିରାପଦ ପ୍ରତିଷ୍ଠାନର ବାସିକ ସମାବେଶ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି। ପରିଚାଳନା ଆଦେଶର ବିଚାରପତି ଚକ୍ରର ପ୍ରମୁଖ ଲୁଗା ଖସି ଯୋଗ ଦେଇଥିଲେ। ପ୍ରତିଷ୍ଠାନର ଅଧ୍ୟକ୍ଷା ମିତ୍ରମୁଖି ଦେବୀ ମହାପାତ୍ରଙ୍କୁରେ ଅନୁଷ୍ଠିତ ଏହି ସମାବେଶ ଇନ୍ଦ୍ରଜିତ ଓଲିଲ ସଂଘର ମହାସଚିବରେ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା। ସମାବେଶରେ ପୂର୍ବତନ ବିଏମଟି ଡିପ୍ୟୁଟି କମିସନର ଅମିତ ଲୁଗା ଲାୟକ ମୁଖ୍ୟବକ୍ତା ଭାବେ ଯୋଗ ଦେଇଥିଲେ। ଅନ୍ୟତମ ଅତିଥି ଭାବେ ସୋର ମହାବିଦ୍ୟାଳୟର ପୂର୍ବତନ ଅଧ୍ୟକ୍ଷ ଚକ୍ରର ପ୍ରମୁଖ ପତି, ଆଇନଜୀବୀ ନିରାଶର ଜେନା ଏବଂ ଉପସ୍ଥାପନାୟ ଡିପ୍ଟିସିଆଲ ମାରିସ୍ଟ୍ରୋ ଅଲଗନନ୍ଦା ମହାନ୍ତି ଏବଂ ଓଲିଲ ସଂଘର ମହାପତି ଦିଲ୍ଲୀପ ଲୁଗା ମହାପାତ୍ର ଯୋଗ ଦେଇଥିଲେ। ସଂଗଠନର

ଅନ୍ୟତମ ପୃଷ୍ଠପୋଷକ ଆବଶ୍ୟକତା ବିଶିଷ୍ଟା ଏହି ଅତିଥି ପରିଚୟ ଦେବା ସହିତ ସ୍ଥାନୀୟ ସମ୍ପ୍ରଦାୟ ପ୍ରଦାନ କରିଥିଲେ। ସଂଗଠନର ସଂପାଦିକା ଟି ଭାବକସ୍ତ୍ରୀ, ସଭ୍ୟ ନିରଂଜନ ମଲ୍ଲିକ, ଅଧିବକ୍ତା ବିଜୟ କୁମାର ଚେନା,



ଓଡ଼ିଶା ସଂସଦ ସଂପାଦକ ଚିତ୍ତେନ୍ଦ୍ର
ଜୁନାକା ପଣ୍ଡା, ଅଭିରାମ ନାୟକ ଏବଂ
ଅନ୍ୟମାନେ ମଧ୍ୟ ପରିଚାଳନାରେ
ସହଯୋଗ କରିଥିଲେ । ଏହି ଅବସରରେ

ସଂଗଠନ ପଦ୍ଧତି ମୁଖ୍ୟ ବିଶିଷ୍ଟତା
ମୁକ୍ତପଦ ପ୍ରଶାସନ କ୍ଷମା ଗୋଷ୍ଠୀ
ତାହାର ସଂଗଠନ କ୍ଷମା, ପୂର୍ବରୁ ଲବ୍ଧ
ସାମଗ୍ରିକ କର୍ମକାରୀ ଗୋଷ୍ଠୀ
ଦେଖ, କ୍ଷମା ଆମର ଅଧିକାରୀ
ତ. ଅଶୋକ କ୍ଷମାର ଲେଖା ଏବଂ

ଶିକ୍ଷାବିତ୍ର ଏବଂ ସାମାଜିକ ସଂଗଠକ
କାରୁକେଶ ପାଣିଗ୍ରାହୀଙ୍କୁ ମନୁଷିତ
କରାଯାଇଥିଲା। ମଧ୍ୟ ବିବିଚାରାୟଣ
ପଣ୍ଡା ଧନ୍ୟବାଦ ଅର୍ପଣ କରିଥିଲେ।



Hawrang Academy
Welcoming AFFWA President (L)
Gp Capt Rachna Sharma (Retd)





**Hawrang Champs
Inspired by President AFFWA(L)
Gp Capt Rachna Sharma (Retd)**



FELICITATION 71ST 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.**



2018-19



2019-20

FELICITATION THIRUVALLUR DISTRICT COLLECTOR-2019



ஆவடி பள்ளி மாணவிக்கு விளையாட்டு ஊக்கத்தொகை

சென்னை, பிப். 29- ஆவடிபள்ளிச் சேர்த்த பள்ளி மாணவிக்கு, திருவள்ளூர் கலெக்டர், விளையாட்டு ஊக்கத்தொகை வழங்கினார்.

ஆவடி, கே.வி. விமலாம்பாள் பள்ளியைச் சேர்ந்தவர், 8ம் வகுப்பு மாணவி ஹர்ஷினி. இவர், சிறு வயது முதல், தேவாஸ்டோ போட்டியில், பல்வேறு சாதனைகளை நிகழ்த்தி வருகிறார்.



திருவள்ளூர் கலெக்டர் மகேஸ்வரியிடம், ஊக்கத் தொகைகளை ஆணையை பெறும் மாணவி ஹர்ஷினி.

ருக்கு பரிகரம், பதக்கம் மற்றும் சான்றிதழ்கள் வழங்கப்பட்டன. அப் போட்டியில் வெற்றிபெற்ற நல் பலனாக, தற்போது அவருக்கு, விளையாட்டு ஊக்கத்தொகையாக, 10 ஆயிரம் ரூபாய் வழங்கப் பட்டு உள்ளது.

கடந்த, 20ம் தேதி, இத் தொகையை ஹர்ஷினிக்கு, திருவள்ளூர் மாவட்ட கலெக்டர் மகேஸ்வரி வழங்கி பாராட்டினார்.



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

HAWRANG DEMO AT NATIONAL LEVEL

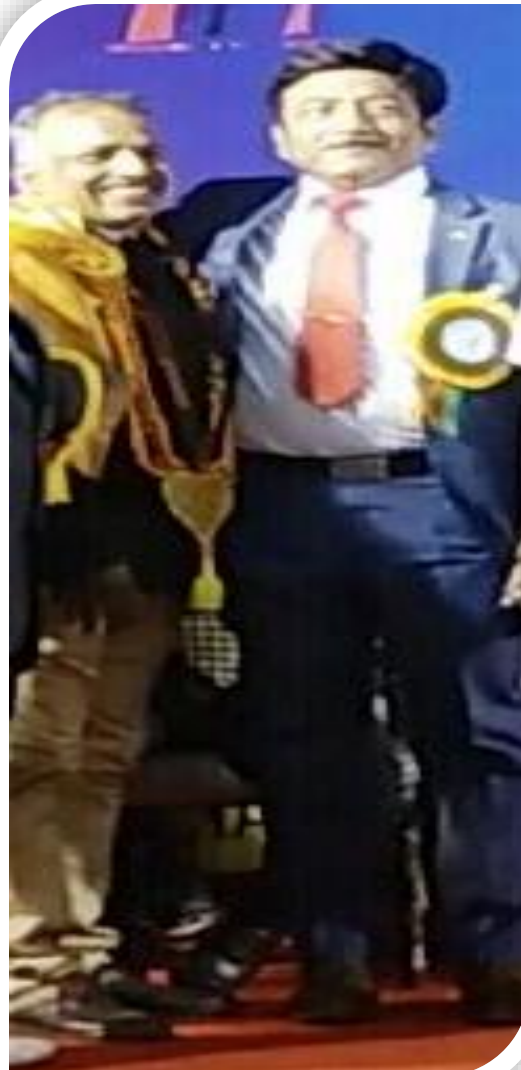


AFTER THE HATHAYOGA, AERROBIC, TAEKWONDO DANCE AND TAEKWONDO DEMO AT CADET NATIONAL CHENNAI 2019-20 MOST OF GRAND MASTER, MASTER, COACHES, INTERNATIONAL REFREE AND NATIONAL REFREE AND OFFICIALS HAVE GIVEN AWESOME REMARKS OVER THE DEMO PIC.

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 WIFE F CAS AIR MSH ARUP RAHA, 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.**



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

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



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



APPRECIATION BY DIG CRPF MR VIRENDRA AGARWAL



DEMONSTRATES AT CRPF WOMENS DAY WITH CRPF DIG SMT



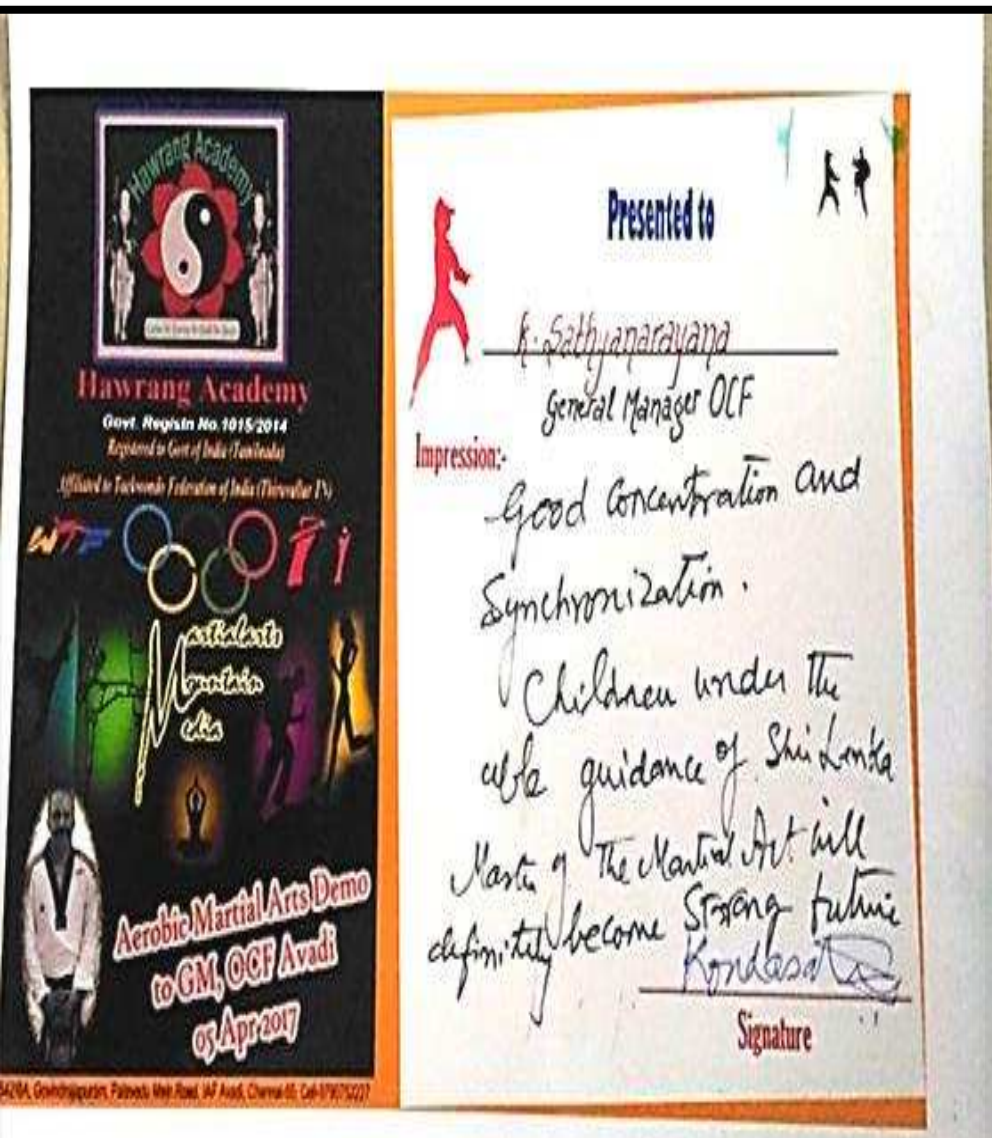
FELICITATION BY GENERAL MANAGER OCF
MR KONDA SATHYANARAYAN, IFS, AT OCF ACHIEVERS MEET



MR SURJIT DAS IOFS, AGM OCF AT HAWRANG ACADEMY



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



RS 5000/- CHEQUE PRESENTED BY GM

Hawrang Academy

2018

Happy New Year



JULY

2018

செவ்வாய் 4
சனவரி - 2018

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

ORDNANCE FACTORY BOARD MINISTRY OF DEFENCE : GOVERNMENT OF INDIA

ஆயுத வस्त्र நிர்மாணி படைத்துறை மான்கிவாழ்ச்சிமகா. நகரம்

ORDNANCE CLOTHING FACTORY

PH : 8432600000 Fax : 8432017181 Email : ordclo@rediffmail.com Website : www.ordclo.org



in
OCF CALENDER



மகிழ்ச்சியுடன்
அனைத்து

With appreciation from

The General Manager

Ordnance Clothing Factory
Chennai, Chennai-60

For the excellent performance at
TARGET/ACHIEVEMENT FUNCTION

Held on 05/04/2018

FELICITATION BY PRABASI ODIA, CHENNAI



**BY CHIEF SECRETARY TAMILNADU, INCOME TAX COMMISSIONER
CHENNAI PRESIDENT 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**



HAWRANG MARTIAL DEMONSTARTION

MARTIAL DEMONSTRATIONS

Academy has given several Martial Calibre Demonstrations since 1990.

The following are some major events:-

- 650 Children Martial Art Demo to KV Commissioner.



MARTIAL DEMONSTRATIONS

- 80 musical Demo at Ajeay Stadium on KV's Nationals Opening Ceremony.



MARTIAL DEMONSTRATIONS

- **120 Children Demo to Mrs Lily Raha wife of Air Mshl Arup Raha, Chief of Air Staff, IAF.**



MARTIAL DEMONSTRATIONS

- **110 Children Demo to Aoc-in-C Maintenance Command Air Mshl Jagjit Singh, Indian Air Force.**



MARTIAL DEMONSTRATIONS

- **110 Children Demonstrations at Republic Day Function KV Afs Avadi**



MARTIAL DEMONSTRATIONS

- **Demonstration by MTTI trainees at Passing Out Parade**



MARTIAL DEMONSTRATIONS

- **60 Children Martial Demonstration to Air Cmde Bapat & Mrs Smitha Bapat On 15 Aug at KV AFS Avadi**



MARTIAL DEMONSTRATIONS

- **60 Children musical Martial Demonstration on Republic Day at KV AFS Avadi**



APPRECIATION BY PRINCIPAL CRPF KV SMT AT ANNUAL DAY





AFTER DEMO WITH VIP'S





MY DEMONSTRATIONS





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



ACADEMY CREST AND MOTTO



- The Crest of the Academy has Yin & Yang i.e. the ultimate life force mentioned in Zen philosophy, which is surrounded by blooming lotus which wholly guarded by two armed warriors called Hawrang who are guarding the sanctity of academy/ humanity at large.
- The logo signifies that the Hawrang are trained on the philosophy of Yin and Yang and focused on the growth of little commandos like a blooming Flowers. Whose petals are yet to be unfolded.
- The MOTTO of academy is **“ENTER TO LEARN AND EXIT TO SERVE”** the humanity at large,

HISTORY

- The Academy is pioneer in imparting Martial Arts training to school children, Armed forces personnel, civilians, their Families, Quick Reaction Team and Garud Commandoes.
- It also has got **27 years** of rich experience in the field of teaching Martial Arts and self defence training.

BASIS OF TEACHING

- **The following are the basis of teaching in Hawrang Academy. Equal attention is given for development of both Martial Art and Sports.**
 - **Martial Arts : The academy imparts traditional Martial Arts training as taught by Guru Bodhidharma the founder father of world martial arts science.**
 - **Martial Sports : Taekwondo Sports is practiced for Kyrugi & poomse event upto level of Olympic.**
 - So that spiritual and material growth both are possible which resembles to Yin & Yang the Life force it self.**

MARTIAL ARTS

- The practices are given on the basis of "Sound mind in a Sound Body". So both the body and the mind are given equal importance to make a disciple to achieve 'Vajrakaya' (The Supreme Body) and 'Vajramedha'(The Supreme Mind). In the process of learning this unique art a student is bound to develop:
- Self Confidence, Self Discipline, High Self Esteem, High Concentration, Humility, Compassion, Courage, Determination and Good Morale Values.



MARTIAL SPORTS

- Hawrangs are taught Taekwondo under Taekwondo federation of India (TFI) www.tfiindia.com affiliated to World Taekwondo Federation (WTF), Asian Taekwondo Union (ATU), Indian Olympic Association (IOA), Recognised by Ministry of Youth Affairs and Sports, Govt of India (MYAS). Taekwondo is Olympic sports event since 1988.



TRAINING ON MARTIAL ART

The Finer aspects of Martial Arts are covered by practicing

- Hatha Yoga,
- Stitha Yoga,
- Pranayama,
- Breath Control,
- Chanting,
- Meditation,
- Controlling of Chi/ Ki (internal energy).



Academy imparts a sound knowledge on human

- Physiology,
- Psychology,
- Philosophy,
- Food & Nutrition.

TRAINING (TAEKWONDO)

APART FROM ABOVE THE COURSE ON TAEKWONDO ALSO INVOLVES THE FOLLOWING TRAINING:-

- BASIC CONDITIONING

- STRENGTH,
- SPEED,
- POWER,
- STAMINA,
- AGILITY,
- REFLEX,
- FLEXIBILITY,
- ENDURANCE,
- EXPLOSIVE STRENGTH/POWER/
STAMINA
- ABOVE ALL KILLERS INSTINCT.



- BASIC HAND MOVEMENT,
- BASIC LEG MOVEMENT,
- PATTERNS(POOMSE),
- SPARRING/ KORUGI,
- AEROBIC FIGHTS,
- TARGET TRAINING,
- SELF DEFENCE,
- TECHNIQUES PRESSURE POINTS,
- LOCKS & THROWS,
- BONE LOCKING METHODS ETC.

OUT DOOR TRAINING PROGRAM

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- TREKKING
- CYCLING
- HILL TRAINING



OUT DOOR TRAINING PROGRAM

Taekwondo interactive training program at Outdoor fortnightly for improving social, psychological and physical endurance

- BEACH TRAINING
- SWIMMING
- TREE TRAINING



SPEED AND AGILITY

Taekwondo interactive training program for NURSERY Children with Music.

- LADDER TRAINING
- WEIGHT TRAINING
- CONE AND SOUCER TRAINING
- SPECIAL ABS TRAINING



TRAINING (TINY TOTS)

TAEKWONDO INTERACTIVE TRAINING PROGRAM FOR NURSERY CHILDREN WITH MUSIC.

- **AEROBIC MARTIAL ARTS**
- **WEIGHT MANAGEMENT**
- **YOGA & MEDITATION**
- **NUTRITIONAL GUIDANCE**



TRAINING (WEAPONS)

ACADEMY ALSO TRAINS ON ART OF WAY OF SHARP AND BLUNT EDGED
WEAPON CALLED 'KENBUDO'

- STAFF
- SWORD
- NANCHAKU



TRAINING FOR WOMEN EMPOWERMENT

SPORTS DAY & SELF DEFENSE TRAINING TO AFWWA



खेल पथ

संस्कृत संज्ञा

20 April 2006

 McGraw-Hill Construction Financials

रिलेटेड पोस्ट्स

[illegible]

TRAINING WOMEN SELF DEFENCE

A CUSTOMISED WOMEN SELF DEFENSE PROGRAM:-

- BARE HAND SELF DEFENCE
- USE OF DAILY USE ARTICLES AS WEAPON
- SAMPLE TRICKS TO HANDLE MAN
- NORMAL SECURITY TIPS
- LECTURE/ TRAINING
-



TRAINING WOMEN AEROBICYOGA

A CUSTOMISED WOMEN FITNESS PROGRAM:-

- AEROBIC/ ZUMBA/ BOLYWOOD
- FITNESS TRAINING
- YOGA (HATHA YOGA & STITHA YOGA)
- MEDITATION/ PRANAYAMA/ CHANTING
- NUTRITIONA HEALING



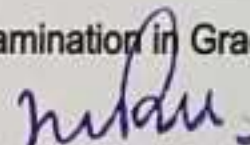
SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS PATIALA

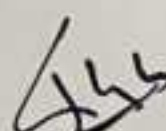


S.NO. 1804

Six-Week Certificate Course in Sports Coaching
Session May-June, 2022

This is to certify that Smt/Kum/Shri B. PRASANTH sponsored by/from
TAMIL NADU attended the Six-week Certificate Course in
TAEKWONDO held at SAI NS Southern Centre Bangalore (Karnataka)
in the month of MAY-JUNE, 2022 under the Mass Sports Participation Programme and passed the
Examination in Grade B by obtaining 187 marks out of 300.


Regional Director Incharge
SAI NSSC Bangalore


Col. Raj Singh Bishnoi
Sr. Executive Director
SAI NS NIS Patiala

34TH NATIONAL SUB-JUNIOR KYORUGI 8TH NATIONAL SUB-JUNIOR POOMSE TAEKWONDO CHAMPIONSHIPS 2017-18



Organized & Promoted By

tækwondo federation of india

Office Address - C-70, South Extension, Part II, New Delhi - 1100
Correspondence Address - Hari Gopal Mazumdar Road, Purana Bazar
Near Telephone Exchange, Bhanbad - 826001 (Jharkhand) India

Affiliated To

WORLD TAEKWONDO, ASIAN TAEKWONDO UNION, INDIAN OLYMPIC ASSOCIATION

Date : 22nd to 25th March 2018

Venue : Rajaram Bhiku Pathare Stadium, Pune

Certificate of Participation

TFI/NDL/K/1718/C-M/35

This is to certify that MR ASHOK KUMAR LENKA of
TAMIL NADU State has participated as COACH in the
Championships held from 22nd & 25th March 2018 at
Rajaram Bhiku Pathare Stadium, Pune, Maharashtra.



35th National Sub-Junior Kyorugi & 9th National Sub-Junior Taekwondo Championships : 2018-19

Organized By

TELANGANA STATE TAEKWONDO ASSOCIATION

ADDRESS: 4-5-26 SHERE ALI STREET, GADWAL-509125 (DIST) JOGULAMBA GADWAL

Promoted By

tækwondo federation of india

Office Address - Hari Gopal Mazumdar Road, Purana Bazar, Near Telephone Exchange Road, Bhanbad - 826001 (Jharkhand) India

Affiliated To

WORLD TAEKWONDO, WORLD TAEKWONDO ASIA, INDIAN OLYMPIC ASSOCIATION

DATE- 27th - 30th JANUARY 2019, VENUE : G.M.C BALAYOGI INDOOR STADIUM, GACHIBOWLI, HYDRABAD

Certificate of Participation

No. TFI/2018/SG-JH/S.T.0/2

This is to certify that MR. ASHOK KUMAR LENKA as

COACH of TAMIL NADU state team has participated as Team Official

in the championships held from 27th to 30th January 2019

1st ONLINE NATIONAL KYORUGI REFEREE SEMINAR – 2021



CERTIFICATE NO.
NRS2021-122



PARTICIPATION CERTIFICATE

NAME:- DR ASHOK KUMAR LENKA

STATE:- TN - TAMIL NADU

This is to certify that the above named person has attended the following program
conducted by INDIA TAEKWONDO.

1st Online National Kyorugi Referee Seminar in accordance with the
World Taekwondo Rules & Regulation from 20th to 22nd August, 2021.

Nandev Shirgaonkar
President
India Taekwondo



Amit Dhamal
Secretary General
India Taekwondo

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TAMILNADU TAEKWONDO ASSOCIATION
No. 50, H.R. Complex, West Chintamani, Trichy-2

CERTIFICATE GRADUATION



Certificate No: TN/056/2018
Name: ASHOK KUMAR LENKA
District: THERUVALLUR

*This is to certify that the above named person has completed the
STATE REFEREE / REFRESHER COURSE conducted
from 29th to 30th June 2018 at National College Indur Stadium,
Trichy, Tamilnada, in accordance with competition Rules of World
Taekwondo Federation.*

Mr. B. SRIDHAR
President
2nd Dan Black Belt (Korea)

Mr. M. BASKAR
General Secretary
4th Dan Black Belt (Korea)

THANK YOU

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