A DETAIL BRIEF ON
WORLD TAEKWONDO SENIOR POOMSAE CHAMPIONSHIP

INDIAN NATIONAL TEAM

WORLD TAEKWOND

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS HONG KONG 2024

HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS



MASTER DR ASHOK KUMAR LENKA

MASTER SABITRI PRADHAN

UNDER 60AGE RECOGNISED PAIR POOMSAE

78 COUNTRIES & 1700 ATHLETES

AWARD: 5TH POSITION IN THE WORLD

Hawrang Academy

Hawrang Academy Since 1990....

AT HONG KONG FROM 30 NOV - 4 DEC 24

WORLD TAEKWONDO POOMSAE CHAMPIONSHIP
30NOV-4DEC 2024-HONGKONG
INDIAN NATIONAL TEAM

WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS
HONG KONG 2024





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





CERTIFICATE

PRESENTED TO

5th Place-ASHOK KUMAR LENKA (IND)

Recognized Poomsae Under 60 Mixed Pair

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

Dr. Chungwon Choue
President
World Taekwondo

Mr. Ching Man Chun, Louis
President
Hong Kong, China
Taekwondo Association



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

BRIEF OF ACHIEVEMENTS OF MASTER DR ASHOK KUMAR LENKA

MBA, MPEd, BE, BA, PGJMC, PGDCA,

Founder Hawran g 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) , Lifetime Achievement Awardee (GAC) ,

Bharat Gaurav Awardee (IAF) , Honorary Doctorate Award in Physical Education by GPU. USA

Award of Top Class World Master Instructor , World Taekwondo Academy, Kukkiwon, South Korea

Hall of Fame in field of Martial Arts by High Range Book of World Records

India National Team Athlete for World Taekwondo Poomsae Championship-2024-Hongkong

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

Founder Director HAWRANG ACADEMY , Tamilnadu State Coach for Taekwondo since 2018 till Date

Vice President Odisha Taekwondo (IT). National Secretary General Sports (VISW) and Adventure wing of Veterans India, 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)

International Taekwondo Medalist, Kyorugi & Poomsae (5th Herocup & IOFTC, USA) ,

2 times National Taekwondo Poomsae Medalist, /National Veteran Speed Kicking Gold Medalist

India Coach G1 2nd India Open International, Hyderabad & Herocup Bangkok

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 for that Nominated for Tenzing Norgay National Land Adventure Award from Indian Air Force, Indian Air Force Athlete , Hawrang Academy is world class KMS/ISO/MSME certified Academy. 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 ,

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

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

WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS
HONG KONG 2024

INDIAN NATIONAL TEAM ATHLETE





AIR VETERAN MASTER DR ASHOK KUMAR LENKA,

U60 PAIR, TAMILNADU

U60 AGE TAEKWONDO PAIR POOMSAE ATHLETE

AT HONGKONG – 30 NOV – 4 DEC 2024

INDIAN NATIONAL POOMSAE TEAM

WORLD TAEKWONDO POOMSAE CHAMPIONSHIP-2024
AT HONGKONG – 30 NOV – 4 DEC 2024



MASTER DR ASHOK KUMAR LENKA, IAF VETERAN FROM TAMILNADU &

MASTER SABITRI PRADHAN, ADDITIONAL SP CADRE, SIKKIM, U60 PAIR POOMSAE,

INDIAN NATIONAL TAEKWONDO TEAM ATHLETE FOR WORLD TAEKWONDO CHAMPIONSHIP-2024

INDIAN NATIONAL TEAM FOR WORLD TAEKWONDO POOMSAE CHAMPIONSHIP-2024

PROMOTED BY INDIA TAEKWONDO





OUTLINE WORLD CHAMPIONSHIP-2024





Competition Dates: 30th November – 4th December 2024

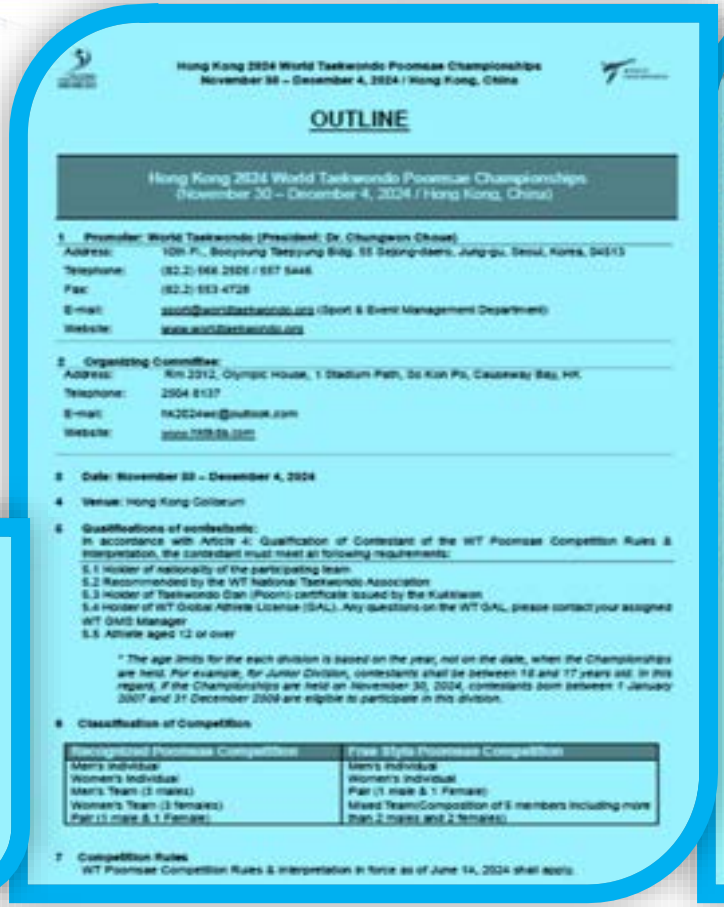
Competition Venue: Hong Kong Coliseum

Location: 9 Cheong Wan Road, Hung Hom, Kowloon, Hong Kong

Web: https://www.lcsd.gov.hk/en/hkc/index.html

Hosting Organization: Hong Kong, China Taekwondo Association

Official Recognition Organization: World Taekwondo



Hong Kong 2024 World Taekwondo Poomsae Championships
November 30 – December 4, 2024 / Hong Kong, China

OUTLINE

Hong Kong 2024 World Taekwondo Poomsae Championships
(November 30 – December 4, 2024 / Hong Kong, China)

1 Promoter: World Taekwondo (President: Dr. Chungwon Choue)
Address: 10th Fl., Boeyoung Taeyoung Bldg. 55 Seojong-daero, Jung-gu, Seoul, Korea, 04513
Telephone: (82.2) 568 2500 / 567 5446
Fax: (82.2) 553 4728
E-mail: sport@worldtaekwondo.org (Sport & Event Management Department)
Website: www.worldtaekwondo.org

2 Organizing Committee:
Address: Rm 2312, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK
Telephone: 2504 8137
E-mail: hk2024wtpc@outlook.com
Website: www.hkttda.com

3 Date: November 30 – December 4, 2024

4 Venue: Hong Kong Coliseum

5 Qualifications of contestants:
In accordance with Article 4: Qualification of Contestant of the WT Poomsae Competition Rules & Interpretation, the contestant must meet all following requirements:
5.1 Holder of nationality of the participating team
5.2 Recommended by the WT National Taekwondo Association
5.3 Holder of Taekwondo Dan (Poom) certificate issued by the Kukkiwon
5.4 Holder of WT Global Athlete License (GAL). Any questions on the WT GAL, please contact your assigned WT GMS Manager
5.5 Athlete aged 12 or over

* The age limits for the each division is based on the year, not on the date, when the Championships are held. For example, for Junior Division, contestants shall be between 16 and 17 years old. In this regard, if the Championships are held on November 30, 2024, contestants born between 1 January 2007 and 31 December 2008 are eligible to participate in this division.

6 Classification of Competition

Recognized Poomsae Competition	Free Style Poomsae Competition
Men's Individual	Men's Individual
Women's Individual	Women's Individual
Men's Team (3 males)	Pair (1 male & 1 Female)
Women's Team (3 females)	Mixed Team(Composition of 5 members including more than 2 males and 2 females)
Pair (1 male & 1 Female)	

7 Competition Rules
WT Poomsae Competition Rules & Interpretation in force as of June 14, 2024 shall apply.



Hong Kong 2024 World Taekwondo Poomsae Championships
November 30 – December 4, 2024 / Hong Kong, China

Duration of Contest
8.1 Recognized Poomsae: Individual, Pair, and Team competitions up to 90 seconds.
8.2 Free Style Poomsae: Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.
8.3 Break time between 1st Poomsae and 2nd Poomsae is a minimum of 30 seconds.

Method of Competition
9.1 Grade: G-8

Recognized Poomsae Competition	Free Style Poomsae Competition
Single Elimination Tournament System	Cut-off system
Top 16 athletes will be seeded based on the WT Poomsae Ranking of November (November 1st). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4th-placed seed. Medals shall be awarded to the top four (4) contestants. Competition shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins. **Preliminary to Final:** Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong prayer perform designated Poomsae at the same time. **Pair and Team:** Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong prayer perform designated Poomsae one by one.	Top 16 athletes will be seeded based on the WT Poomsae Ranking of November (November 1st). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4th-placed seed. Medals shall be awarded to the top four (4) contestants. **Preliminaries:** In case of nine (9) or more contestants/pairs/teams are participating, the competition shall start from the preliminary round with the division of groups into [2/4/8 groups. The total number of contestants advancing to the final shall be eight(8). Number of contestant advancing from each group depends on the number of groups. **Final:** When eight (8) or less contestants/pair/team are participating, competition shall start from final round. Contestants shall freestyle Poomsae and medals shall be awarded to the top four (4) contestants/pair/team. 1) Composition of Free Style Poomsae 1.1 Yeon-mu line shall choice of contestants 1.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae committee. 2) Board breakings in the three technical skills (Gradients of spins in a spin kick, Kyorugi style consecutive kicks, Acrobatic kicking technique) are required for Mixed Team division. - Breaking (Fine) Board (max. 9 boards per team) will be provided by OC. - Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique.

WORLD CHAMPIONSHIP PARTICIPATION

78 COUNTRIES 1750 POOMSAE ATHLETES

Athletes

Country / Region

ALG	ARG	ARU	AUS	AUT
BEL	BRA	BUL	CAM	CAN
CHI	TPE	COL	CRC	CRO
CUB	CZE	COD	DEN	ECU
EGY	SWZ	FIN	FRA	GER
GBR	GUA	HKG	HUN	IND
INA	IRQ	IRL	IRI	ITA
JPN	KAZ	KEN	MAC	MAS
MRI	MEX	MGL	MAR	MYA
NEP	NED	NZL	NCA	NGR
NOR	PAK	CHN	PER	PHI
POL	POR	PUR	QAT	KOR
KSA	SEN	SRB	SGP	SVK
SLO	ESP	SRI	SWE	SUE
THA	TUN	TUR	UKR	USA
VEN	VIE	AIN		

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

BRIEF OF MAJOR ACHIEVEMENT

He is an adventurist 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

MASTER DR ASHOK KUMAR LENKA (IAF VETERAN)

An Air Veteran from Indian Air Force. After serving 22 years 6 months took Voluntary Retirement from Service of Indian Air Force as Junior Warrant Officer while serving 18 Tettra C/O Air Force Station Avadi on 31 Jan 2010. The Academy's welfare Activity completed almost 35 years supported by Air Force Family Welfare Associations (AFFWA), Indian Air Force. The Academy is associated with Airforce Wives Welfare Association since 1990-95 at Air Force Station Adampur, 1995-97 at AFS Awantipur, Highlights- Trained Quick Reaction Team, 1997-01 at Air Force Technical College Highlights - Trained officers Cadets, Communication Training Institute (CTI) Highlights - Trained Air warriors, 2001-03 at AFS Nal, 2003-08 at AFS Bhuj and last from 2008 to till date at AFS Avadi.

The place provided for the AFFWA welfare Taekwondo activity is MUKHERJEE HALL C/O AFS Avadi since 2011. Here Last 15 Years given Several National Medals to Tamilnadu. Presently 4 Players in Indian National Team. From here more than 8000 Medalists at different levels i.e. International/G1/National/ State/ District/ CBSE/SGFI/KVS has taken birth. Two World Championship Medalist, One World Championship Participant and one Asian Championship Participants. The success of Hawrang is attributed to AFFWA, AFS Avadi.

Dr Ashok K Lenka and his wife Sanjibanee Sudha Lenka founded Hawrang Academy which was registered under Tamilnadu Government on 2014. Its an ISO, MSME & UDHAM Certified. Working for Taekwondo Tamilnadu since 2008 with support extended by AFFWA 23 ED, IAF. Dr Lenka is Tamilnadu State Coach for Taekwondo since 2017-18 to till Date. All these years Dr Lenka has worked for World Taekwondo (WT) affiliated Federation of India under Indian Olympic Association.

MAJOR ACHIEVEMENTS OF HAWRANG ACADEMY CHENNAI-2008-TILL DATE

- EARNED MORE THAN 8000 MEDALS IN THIRUALLUR DISTRICT LEVEL/ TAMILNADU STATE LEVEL/ CBSE/ KVS/ SGFI/ NATIONAL LEVEL/ G1/ INTERNATIONAL LEVEL SINCE 2008 TO TILL DATE
- MORE THAN 200 NATIONAL/ 75 INTERNATIONAL MEDALS TO TAMILNADU.
- 4 PLAYERS IN INDIAN NATIONAL TEAM OUT OF WHICH 02 ARE WORLD CHAMPIONSHIP MEDALIST (MISS SAKSHAM & MASTER TEJAS YADAV), 1 PARTICIPANT 5TH POSITION IN THE WORLD (DR LENKA) AND 1 ASIAN CHAMPIONSHIP PARTICIPANT (MASTER K LOKAPRADIP).
- MORE THAN 250 BLACK BELTS/ 25 REFEREES/ COACHES/ SAI CERTIFIED COACHES/ SAI PLAYERS

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

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





SELECTED FOR WORLD CHAMPIONSHIP AT HONGKONG

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





WITH STATE PRESIDENT & INDIA TAEKWONDO VICE PREIDENT MR SOCRETIS &
SECRETARY GENERAL TAEKWONDO ASSOCIASTION OF TAMILNADU- MR SIDHESWARAN

SELECTED U60 PAIR TO REPRESENT INDIA

"CONGRATULATING FOR WORLD CHAMPIONSHIP SELECTION"



DR ASHOK K LENKA (EX-IAF) & SABITRI PRADHAN (IPS)
FOR THEIR SELECTION IN INDIA TEAM
FOR U60 PAIR TAEKWONDO POOMSAE EVENT AT HONGKON

INVITATION TO SELCTION TRAINING CAMP-NEW DELHI-17-27 OCT 24

INDIA TAEKWONDO

MEMBER OF : WORLD TAEKWONDO (WT), WT- ASIA
INDIAN OLYMPIC ASSOCIATION(IOA)

Invitation to India Taekwondo Team Selection Training Camp

Registration India Taekwondo Mon, Oct 14, 4:20 PM
to bcc: Dr Ashok Kumar Lenka

Dear Athlete,

Greetings from India Taekwondo!
We are pleased to inform you that you have qualified for the India Taekwondo Team Selection training camp in preparation for the upcoming Hong Kong 2024 World Taekwondo Poomsae Championships. The event will take place at the Hong Kong Coliseum, Hong Kong, China, from November 30 to December 4, 2024.

Training Camp Details:

Location: Orchids the International School, Goyla Dairy Road, Sector 19, Dwarka, New Delhi - 110071
Dates: October 17, 2024, to October 22, 2024

Training Camp Schedule:
1) India Taekwondo Team Selection Training Camp:
   a. Reporting on 17th October, 2024 before 01:00PM
   b. Camp will start from 17th to 21st October, 2024
2) India Taekwondo Team Selection Training Trial on 22nd October, 2024
3) India Taekwondo Final Team Selection Camp- a. Camp will start from 22nd to 27th October, 2024
4) The Details schedule we will share with you after confirmation

Please ensure that you report to the camp on time. Failure to attend may result in the forfeiture of your opportunity to be selected for the Final India Taekwondo Team Training Camp for the Championships.

Confirmation Deadline: Kindly confirm your attendance by October 15, 2024. If we do not receive your confirmation by this date, we will assume you forfeit your spot, which will then be offered to the next athlete.

We encourage you not to miss this important opportunity.
Important Note:
1) Athletes who are not selected in the Final Team Selection on October 22, 2024, must check out on October 23, 2024.
2) 2) Athletes must have a valid GAI. Card.
3) 3) Athletes must have a valid passport.
4) 4) Athletes must have a Kukkiwon black belt.

The cost for the camp from October 17 to October 22, 2024, is ₹1,300 per person. If you prefer to arrange your own accommodation, you are welcome to do so at your discretion.

Please note that after the selection on October 22, 2024, the final athletes will receive accommodation provided by India Taekwondo from October 23 to October 27, 2024.

With regards,
Ms. A. Yadav
Office Admin
--
INDIA TAEKWONDO
403, Timmy Arcade, Makwana Road,
Nr. Marol Naka Metro Station, Andheri (W),
Mumbai, India - 400059
Email: - indiataekwondo2020@gmail.com
Web: - www.indiataekwondo.com

INDIA TAEKWONDO

MEMBER OF : WORLD TAEKWONDO (WT), WT- ASIA
INDIAN OLYMPIC ASSOCIATION(IOA)

INDIA TAEKWONDO TEAM SELECTION TRAINING CAMP

Date	Details		Time
17-Oct	Reporting Time		Check in Before 01:00PM
	Lunch		01:30 PM to 02:30 PM
	Evening Session	Poomsae Basic	04:00 PM to 07:00 PM
	Dinner		07:00 PM to 08:00 PM
	Poomsae Training	Poomsae Training	08:30PM to 10:00 PM
	Dinner		
18-Oct	Warm Up	Running & Exrsise	06:00 Am to 07:00 AM
	Breakfast		07:30 AM to 08:30 AM
	Morning Session	Basics Movements	09:30 AM to 12:30 PM
	Lunch		01:30 PM to 02:30 PM
	Evening Session	Poomsae Basic	04:00 PM to 07:00 PM
	Dinner		07:00 PM to 08:00 PM
	Poomsae Training	Poomsae Training	08:30PM to 10:00 PM
19-Oct	Warm Up	Running & Exrsise	06:00 Am to 07:00 AM
	Breakfast		07:30 AM to 08:30 AM
	Morning Session	Basics Movements	09:30 AM to 12:30 PM
	Lunch		01:30 PM to 02:30 PM
	Evening Session	Poomsae Basic	04:00 PM to 07:00 PM
	Dinner		07:00 PM to 08:00 PM
	Poomsae Training	Poomsae Training	08:30PM to 10:00 PM
20-Oct	Warm Up	Running & Exrsise	06:00 Am to 07:00 AM
	Breakfast		07:30 AM to 08:30 AM
	Morning Session	Basics Movements	09:30 AM to 12:30 PM
	Lunch		01:30 PM to 02:30 PM
	Evening Session	Poomsae Basic	04:00 PM to 07:00 PM
	Dinner		07:00 PM to 08:00 PM
	Poomsae Training	Poomsae Training	08:30PM to 10:00 PM
21-Oct	Warm Up	Running & Exrsise	06:00 Am to 07:00 AM
	Breakfast		07:30 AM to 08:30 AM
	Morning Session	Basics Movements	09:30 AM to 12:30 PM
	Lunch		01:30 PM to 02:30 PM
	Evening Session	Poomsae Basic	04:00 PM to 07:00 PM
	Dinner		07:00 PM to 08:00 PM
	Poomsae Training	Poomsae Training	08:30PM to 10:00 PM

403, Timmy Arcade, Makwana Rd. Near Marol Naka, Metro Station,
Andheri (East)- Mumbai,400059.
Ph:- 022 40056125, Email:- indiataekwondo2020@gmail.com

TEAM INDIA TRAINING CAMP PARTICIPANTS WITH INDIA TAEKWONDO PRESIDENT SHRI NAMDEV



AT ORCHILD'S INTERNATIONAL CBSE SCHOOL, NEW DELHI



WORLD CHAMPIONSHIP SELECTION TRAINING CAMP




INDIA TAEKWONDO
INDIA TEAM SELECTION TRAINING CAMP
17th to 27th October, 2024
HONG KONG 2024 WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
Coliseum, Hong Kong, China.
Contact us: +91 92130448
HEAD OF TEAM INDIA GM YONG LEE
WORLD CHAMPIONSHIP SELECTION TRAINING CAMP

INDIA TEAM SELECTION LETTER





INDIA TAEKWONDO TEAM FOR HONG KONG WORLD TAEKWONDO POOMSAE CHAMPIONSHIP

INDIA TAEKWONDO

MEMBER OF : WORLD TAEKWONDO (WT), WT- ASIA
INDIAN OLYMPIC ASSOCIATION(IOA)

Date: 22nd October, 2024
Mumbai.

To,
Ashok Kumar Lenka
Recognized Pair U-60
TamilNadu

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,

Amit Dhamal, Secretary
General,India Taekwondo

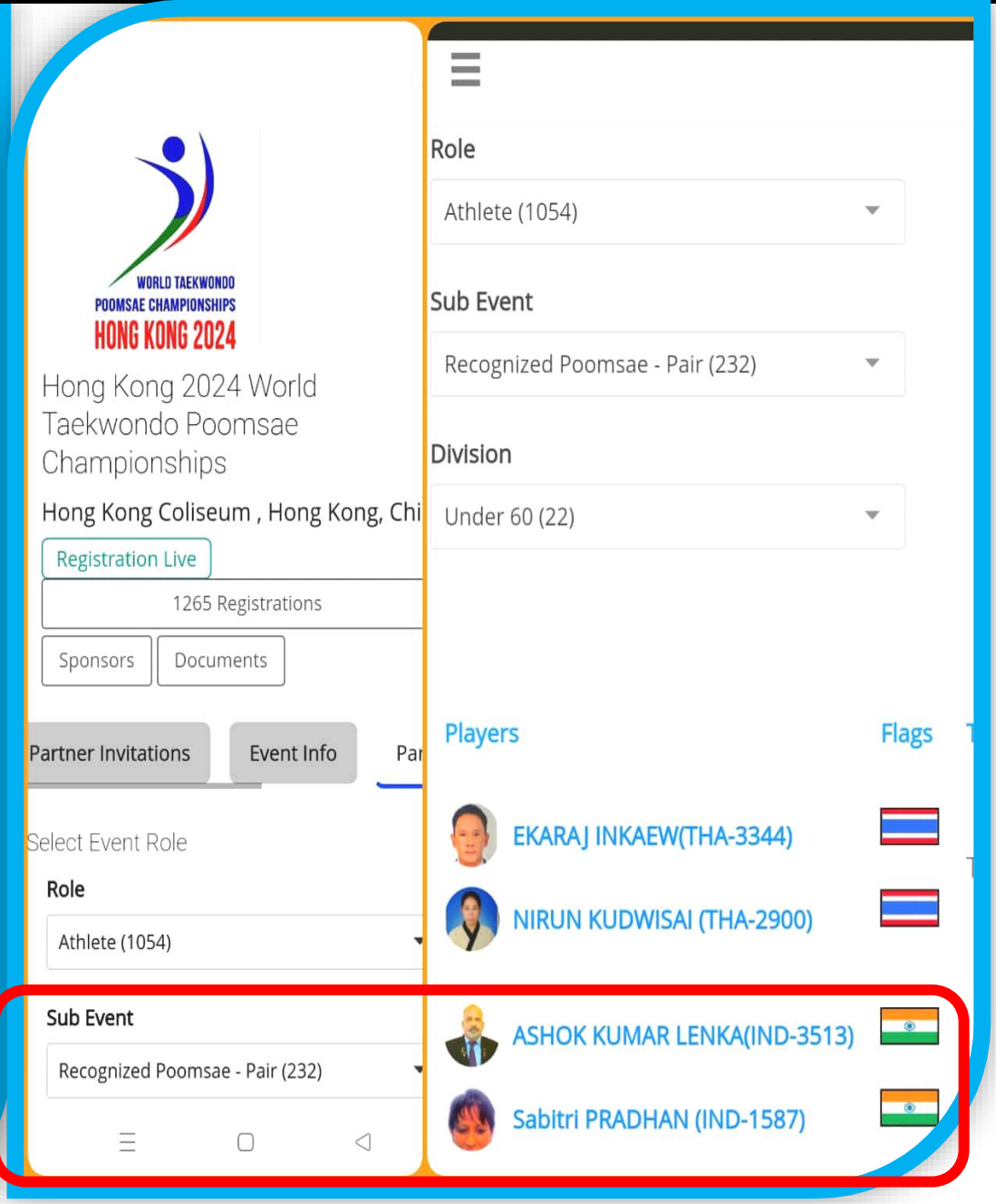
403, Timmy Arcade, Makwana Rd. Near Marol Naka, Metro Station,
Andheri (East)- Mumbai,400059.
Ph:- 022 40056325, Email:- indiataekwondo2020@gmail.com

SELECTED TEAM INDIA FOR HONKONG WORLD CHAMPIONSHIP-2024



WORLD TAEKWONDO (WT) GMS ENTRY





INVITATION

TO JOIN 2ND INDIA CAMP FROM 11 NOV - 15 NOV 2024 AT PUNE FOR WORLD CHAMPIONSHIP FROM INDIA TAEKWONDO

INDIA TAEKWONDO

MEMBER OF : WORLD TAEKWONDO (WT), WT- ASIA
INDIAN OLYMPIC ASSOCIATION(IOA)

Date: 04th November, 2024
Mumbai.

To,
Ashok Kumar Lenka
Recognized Pair U-60
Tamilnadu

Dear Ashok Kumar Lenka,

Greetings from India Taekwondo!

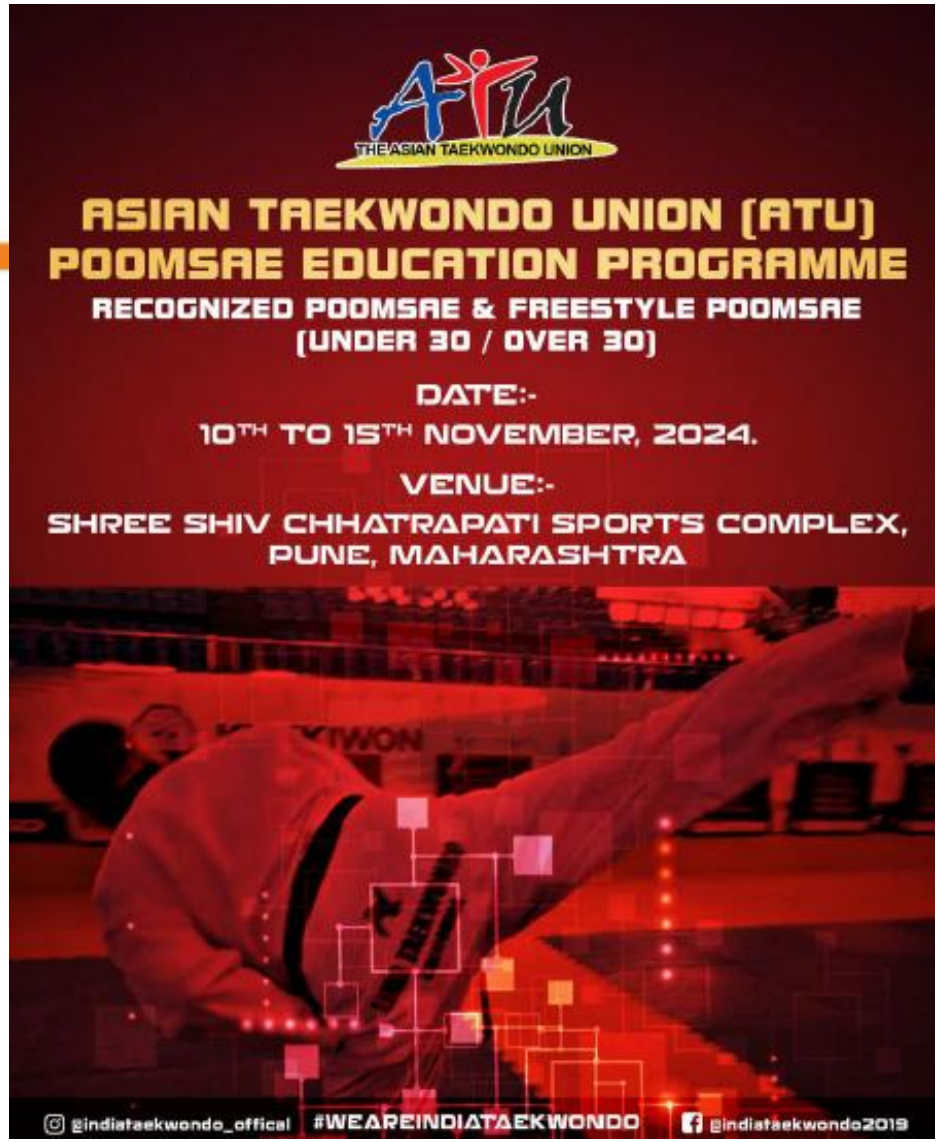
We are pleased to inform you that India Taekwondo is organizing the ATU Poomsae Education Program in Pune, Maharashtra, from November 10th to 15th, 2024.

Please note that you are required to report on November 10th, 2024, as this program is compulsory for all participants. India Taekwondo will cover your registration fees; however, participants will be responsible for arranging their own transportation and accommodation.

Kindly fill out the application form for the program and return it to us by November 5th, 2024.

Sincerely Yours,

Amit Dhamal, Secretary
General,India Taekwondo



2ND INDIA CAMP AT PUNE FOR WC-2024

TO JOIN 2ND INDIA CAMP FROM 11 NOV - 15 NOV 2024 AT PUNE FOR WORLD CHAMPIONSHIP FROM INDIA TAEKWONDO

INSTRUCTOR

Freestyle Poomsae



Master. Jae Jun JEON

- Director of Triple J (TJ)
- Technical Coach of Kyunghee University Poomsae Team
- Coach of Korea National Team at 2024 Asian Taekwondo Poomsae Championships
- Best Coach of 2024 Asian Taekwondo Poomsae Championships
- Instructor of Asian Taekwondo Union
- Instructor of Korea Taekwondo Association
- Former-Member of Kukkiwon Taekwondo Demonstration Team



Master. Min Cheol SHIN

- Director of Team Mirme
- Instructor of Asian Taekwondo Union
- Former-Captain of Kukkiwon Taekwondo Demonstration Team
- Coach of Korea National Team at 2022 World Taekwondo Poomsae Championships
- Coach of Korea National Team at 2023 Asian Junior Taekwondo Poomsae Championships

INSTRUCTOR

Recognized Poomsae



Master. Min Ki NOH

- Coach of Korea National Sport University Poomsae Team
- Director of Detail Poomsae Team
- Instructor of Asian Taekwondo Union
- 1st Place at 2018 World Taekwondo Poomsae Championships Recognized Poomsae Male Team
- 1st Place at 2021 Online World Taekwondo Poomsae Championships Recognized Poomsae Individual
- 1st Place at 2022 World Taekwondo Poomsae Championships Recognized Poomsae Male Team
- Best Coach of 2023 Chuncheon Korea Open Poomsae Championships.
- Best Coach of 2023 Kimunyong Cup International Open Taekwondo Championships.
- Best Coach of 2024 Chuncheon Korea Open Poomsae Championships



Master. Jae Uk JANG

- Coach of Korea National Sport University Poomsae Team
- Director of Boram Taekwondo Poomsae Team
- Instructor of Asian Taekwondo Union
- Former-Member of World Taekwondo Demonstration Team
- 1 Place at 2006 World Taekwondo Poomsae Championships Recognized Poomsae Individual
- 1st Place at 2009 World Taekwondo Poomsae Championships Recognized Poomsae Individual
- 1st Place at 2021 Asian Taekwondo Poomsae Championships Recognized Poomsae Individual

LETTER OF INVITATION, HONGKONG CHINA VISA & AIR TICKET

中國香港跆拳道協會
HONG KONG, CHINA TAEKWONDO ASSOCIATION

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

To whom it may concern,

Invitation Letter – Immigration Facilitation Scheme for Visitors Participating in Short-term Activities in Designated Secto ("STV Scheme")

The Immigration Department of the Government of the Hong Kong Special Administrative Region launched the STV Scheme on 1 June 2024. Under the STV Scheme, eligible persons invited by authorised host organisations can, during period of up to 14 consecutive calendar days, participate in designated short-term activities as visitors without employment visa / entry permit. Our organisation is one of the authorised host organisations.

This is to certify that the below person has been invited by our organisation to come to Hong Kong to participate in designated short-term activity / activities as a visitor under the STV Scheme.

Details of the invitee and the activity / activities concerned are as follows:

Personal particulars of the invitee	
Name	**Ashok kumar LENKA**
Nationality	**India**
Travel document number	**P1362725**

Details of the designated activity / activities			
Name of the event	Hong Kong 2024 World Taekwondo Poomsae Championships		
Venue	Hong Kong Coliseum		
Period of participation	from November 30, 2024, to December 4, 2024		
Role(s) of the invitee	**Team / Club**	**Role**	
	India Taekwondo Team for Hong Kong 2024 World Taekwondo Poomsae Championships	**Athlete**	

This invitation letter is NOT a "visa / entry permit letter" issued by the Immigration Department, and is NOT a guarantee that the invitee will be granted permission to land in Hong Kong upon arrival.

Should you have any enquiries regarding the eligibility of the invitee under the STV Scheme, please contact Mr. Derek Zhang at 6666 2012.

For the list of the authorised host organisations, please refer to the Immigration Department's website at https://www.immd.gov.hk/eng/services/visas/stv.html

Warm regards,

Zhang Jingzhen
Sports Executive
Hong Kong, China Taekwondo Association

PIAA0413490247

Notification Slip for Pre-arrival Registration for Indian Nationals

The issue of this notification slip for pre-arrival registration is not a guarantee of the registrant's entry to the Hong Kong Special Administrative Region (HKSAR). The registrant is still subject to immigration control under the provisions of the Immigration Ordinance, Chapter 115, Laws of Hong Kong. In general, a person who intends to enter the HKSAR for visit must fulfil normal immigration requirements (such as holding a valid travel document with adequate returnability to his/her country of residence or citizenship; raise no security or criminal concerns to the HKSAR; have no likelihood of becoming a burden on the HKSAR, etc.), have a bona fide purpose of visit, have adequate funds to cover the duration of his/her stay without working and hold onward or return tickets (unless in transit to the Mainland of China or the Macao Special Administrative Region), before entry to the HKSAR may be granted.

Notification slip number	**PIAA-0413490-24(7)**
Registration date	**05 Nov 2024**
Notification slip valid until	**05 May 2025**
Surname in English	LENKA
Given name in English	ASHOK KUMAR
Alias surname in English	--
Alias given name in English	--
Nationality	Indian
Sex	M
Date of birth	23 Jun 1968
Place of birth	TENTULIGADIA, ODISHA
Passport number	P1362725
Place of issue	CHENNAI
Date of issue	30 Jun 2016
Date of expiry	29 Jun 2026

I confirm that the above information is correct and **exactly the same** as it appears on the registrant's passport.

* Signature of registrant / Name and signature of parent or legal guardian (* Please delete where inappropriate.)

Important notice

(1) **This notification slip must be signed in the box above.** The registrant or his/her parent/legal guardian (for registrant under 16 years of age) must check the inputted data above to confirm it is correct and **exactly the same** as it appears on the registrant's passport before signing this notification slip. In case the registrant renews or replaces his/her Indian passport or changes his/her personal particulars after pre-arrival registration, the registrant must re-apply for pre-arrival registration on the strength of the new passport or personal particulars.

(2) **This notification slip must be used in conjunction with the above passport that is linked to the pre-arrival registration.** On the strength of this notification slip together with the above passport that is linked to the pre-arrival registration, the registrant may, during the validity of this notification slip and provided that he/she meets the normal immigration requirements, make multiple visits to the HKSAR visa-free. On each visit, the registrant may stay in the HKSAR for up to 14 days.

(3) The issue of this notification slip is not a guarantee of the registrant's entry to the HKSAR. The registrant is still subject to immigration control under the provisions of the Immigration Ordinance, Chapter 115, Laws of Hong Kong.

(4) Before boarding a conveyance (a ship, aircraft, vehicle or any other means whatsoever of travel or transport) bound for the HKSAR, transport operators will check whether the registrant has a valid travel document. In this connection, before boarding a conveyance and upon arrival immigration clearance in the HKSAR, the registrant must hold this notification slip and the above passport that is linked to the pre-arrival registration. **Failure to present the said two documents will lead to refusal of boarding a conveyance bound for the HKSAR and refusal of entry to the HKSAR upon arrival.**

(5) This notification slip must be printed on a sheet of blank A4 white paper. In case the notification slip is lost, defaced, damaged or not printed on a sheet of blank A4 white paper, the registrant is required to reprint it on his/her own.

(6) When applying for pre-arrival registration, the registrant must truthfully enter the correct information. Any person who knowingly and wilfully makes a statement or gives information which he/she knows to be false or does not believe to be true may be liable for prosecution under the Laws of Hong Kong.

RETURN FLIGHT FROM DELHI TO HONGKONG



IndiGo

*Date of booking: 29 Oct 2024 15:28

PNR Booking Reference: PNR:4E [redacted] Confirmed — Payment Status: Complete

Passenger Information

Mr ASHOK KUMAR LENKA Adult

Sector	Seat	6E Add-ons
DEL-HKG	-	-
HKG-DEL	-	-

•6E 1707 (A321) • 28 Nov 2024 • Check-in/Bag Drop Closes: 04:05 hrs

Delhi
DEL - Indira Gandhi International Airport (Terminal 3)

— Travel Time: 5h 20m —

Hong Kong SAR, China
HKG - Chek Lap Kok International Airport (Terminal 1)

05:20 hrs, 28 Nov 2024

13:10 hrs, 28 Nov 2024

•6E 1708 (A321) • 05 Dec 2024 • Check-in/Bag Drop Closes: 12:55 hrs

Hong Kong SAR, China
HKG - Chek Lap Kok International Airport (Terminal 1)

— Travel Time: 6h 40m —

Delhi
DEL - Indira Gandhi International Airport (Terminal 3)

14:10 hrs, 05 Dec 2024

18:20 hrs, 05 Dec 2024

*Booking date reflects in UTC (Coordinated Universal Time), all other timings mentioned are as per local TIME

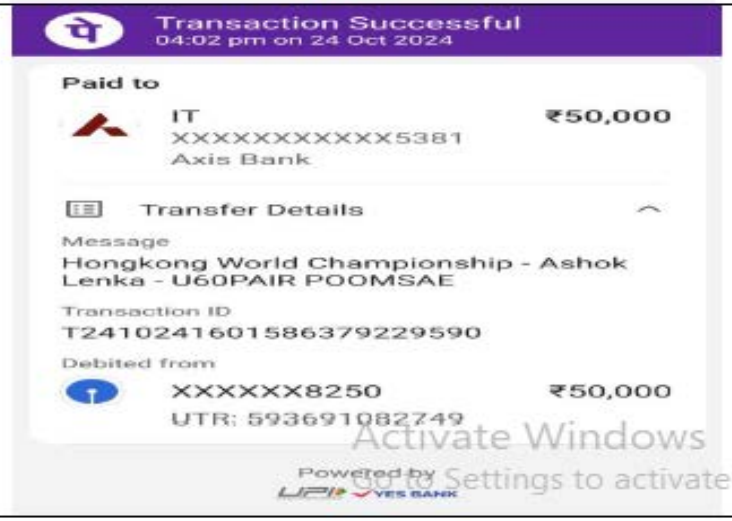


APPX FUND SPENT FOR CHAMPIONSHIP

- **INDIA CAMP 1 AT DELHI-25,000/- (12 Days) Includes Airfare to & fro Chennai to Delhi**
- **INDIA CAMP 2 AT PUNE – 25,000/- (7 Days)**
- **Includes Airfare to & fro Chennai to Pune**
- **ESTIMATED AIRFARE, VISA, FOOD, HOTEL ACCOMODATION, FOREIGN EXCHANGE, LOCAL TRAVEL, ENTRY FEE ETC-1.85 LAC (PAID TO INDIA TAEKWONDO)**
- **PERSONNEL EXPANSE – 25,000/-**
- **WORLD CHAMPIONSHIP KIT – 25,000/- (World Class Uniform and other KiTs)**
- **RETURN DOMESTIC FLIGHT TO DELHI & Back-15000/-**
- **TOTAL EXPANSE – 3 LAC APPX**

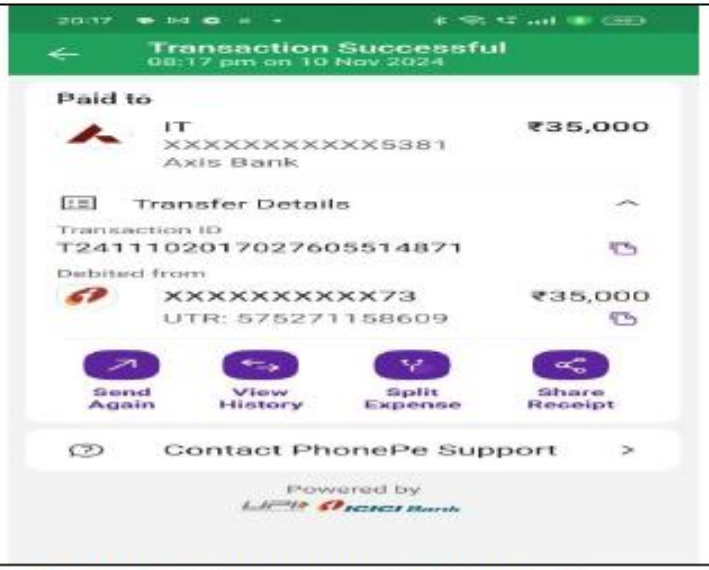
1.85 LACS PAID TO FEDERATION

WORLD POOMSAE CHAMPIONSHIP
HONGKONG-INDIA TAEKWONDO TEAM
UID-272022-1062/ GAL ID- IND-3513/ ASHOK KUMAR LENKA
PAYMENT TRANSACTIONS

1st transaction	Athlete Name :- ASHOK KUMAR LENKA Account holder name:- ASHOK KUMAR LENKA/ SANJIBANEE SUDHA LENKA Bank name:- ICICI BANK Account No- 008601500973 Amount :-50,000/- Date:- 24 Oct 2024 Time:- 03:18PM NEFT/cash/Chque :- PHONE PAY Utr no:- 037318035008	
2nd Transaction	Athlete Name :- ASHOK KUMAR LENKA Account holder name:- ASHOK KUMAR LENKA/ SANJIBANEE SUDHA LENKA Bank name:- STATE BANK Account No- 10272968250 Amount :-50,000/- Date:- 24 Oct 2024 Time:- 04:02PM NEFT/cash/Chque :- PHONE PAY Utr no:-593691082749	

Activate Windows
Go to Settings to activate Windows

1.85 LACS PAID TO FEDERATION

3rd transaction	Athlete Name :- ASHOK KUMAR LENKA Account holder name:- ASHOK KUMAR LENKA/ SANJIBANEE SUDHA LENKA Bank name:- ICICI BANK Account No- 008601500973 Amount :-50,000/- Date:- 09 Nov 2024 Time:- 03:48PM NEFT/cash/Chque :- PHONE PAY Utr no:- 916114030608	
4th transaction	Athlete Name :- ASHOK KUMAR LENKA Account holder name:- ASHOK KUMAR LENKA/ SANJIBANEE SUDHA LENKA Bank name:- ICICI BANK Account No- 008601500973 Amount :-35,000/- Date:- 10 Nov 2024 Time:- 08:17PM NEFT/cash/Chque :- PHONE PAY Utr no:- 575271158609	
TOTAL	185000/- (ONE LAKH EIGHTY FIVE THOUSAND)	185000/- (ONE LAKH EIGHTY FIVE THOUSAND)

Activate Windows
Go to Settings to activate Windo

APPX FUND SPENT FOR CHAMPIONSHIP

- **INDIA CAMP 1 AT DELHI-25,000/- (12 Days) Includes Airfare to & fro Chennai to Delhi**
- **INDIA CAMP 2 AT PUNE – 25,000/- (7 Days)**
- **Includes Airfare to & fro Chennai to Pune**
- **PERSONNEL EXPANSE – 25,000/-**
- **WORLD CHAMPIONSHIP KIT – 25,000/- (World Class Uniform and other KiTs)**
- **RETURN DOMESTIC FLIGHT TO DELHI & Back-15000/-**
- **SUB TOTAL FOR 2 CAMPS & KIT – 1, 15, 000/-**
- **INDIA TAEKWONDO ESTIMATE – 1, 85, 000/-**
- **TOTAL EXPANSE – 3 LAC APPX**

SPONSORSHIP FOR WORLD CHAMPIONSHIP-2024

REQUEST FOR SPONSORSHIP OF FULL OR PARTIAL AMOUNT TO REPRESENT COUNTRY AT HONG KONG WORLD CHAMPIONSHIP-2024. TARGET – 3LAC- 30 Nov to 4 Dec 2024

I'm Ex-Servicemen, Name- Dr Ashok Kumar Lenka (Age: 56) , Sports- Taekwondo , Birth Place- Bhadrak, Odisha,
Settled Registered Work Place last 15 Years- Chennai, Tamilnadu

1. **ICICI Bank Account No-008601500973 / IFSC-ICICI0000774/ NAME- ASHOK KUMAR, SANJIBANEESUDHA LENKA/ SBI ACCOUNT-10272968250/ IFSC-SBIN0002185/ ASHOK KUMAR LENKA**
2. WebSite- https://hawrangacademy.com/ & https://www.veteransindia.com/
3. Instagram: https://www.instagram.com/hawrangacademy_official/
4. YouTube: https://www.youtube.com/@hawrang_sports
5. Facebook account: https://www.facebook.com/ashok.k.lenka.3
6. LinkedIn.: https://www.linkedin.com/in/ashok-kumar-lenka-a1254822/
7. Hawrang Academy channel on WhatsApp: https://whatsapp.com/channel/0029VarZo32EAKWCxG7S7x2N
8. Facebook page: https://www.facebook.com/ashokklenkaHawrangAcademy/.
9. X(Twitter): https://x.com/Ashokklenka2
10. Email: hawrangacademy@gmail.com
11. Call/ WhatsApp: +91-9790752227
12. Google pay/Phonepay - +91-9790752227
13. HAWRANG ACADEMY CURRENT ACCOUNT SCANNER ATTACHED





REQUEST TN CHAMPIONS TRUST FOR FUND

- **https://tnchampions.sdat.in/sponsorship-dashboard**



Ashok Kumar Lenka

User Id:	TNCF2024110701649	**Holder Name:**	ASHOK KUMAR LENKA
TNCF Id:	TNCFSPO01649	**Bank Name:**	SBI
Email Id:	ashokklenka@gmail.com	**Branch:**	AFS AVADI
Contact NO:	9790752227	**IFSC Code:**	SBIN0002185
Aadhaar No:	623965267271	**Upload Proof:**	View Proof

Application ID	Name of Event	Level	Discipline	Proof Achieve	Required Details	Purpose	Type Requirement
TNCF2024110700734	World Championships	International	Taekwondo	Proof1		Event Participation	cash

REJESTED BY GOVT OF TAMILNADU QUOTING AS MASTER ATHLETE

WORLD POOMSAE CHAMPIONSHIP
INDIA CAMP II – PUNE BY INDIA TAEKWONDO

VENUE- SHREE SHIV SHIVAJI SPORTS COMPLEX PUNE

DATE- 11 NOV TO 15 NOV 2024

TRAINER - BEST MASTERS FROM ASIAN TAEKWONDO UNION (ATU)

SUBJECT- PERSONAL TRAINING WAS CONDUCTED KEEPING THE WORLD TAEKWONDO POOMSAE CHAMPIONSHIP IN VIEW.





RECEIVING ATU CERTIFICATE FROM PROF KYOSEOK LEE, PRESIDENT, ASIAN TAEKWONDO UNION (ATU)





ATU

Asian Taekwondo Union

ATU 202411-1024

Certificate of Participation

Presented to

Mr. Ashok Kumar LENKA

June 23rd, 1968

Athlete of India National Poomsae Team

This is to certify that you have participated in the ATU Poomsae Education held in Pune, India from November 11th to 15th, 2024.

November 15th, 2024

Prof. Kyu Seok Lee
President

ATU TAEKWONDO POOMSAE EDUCATION 11 – 15 NOV 2024







ATU CAMP AND WORLD CHAMPIONSHIP CAMP 2
BY INDIA TAEKWONDO

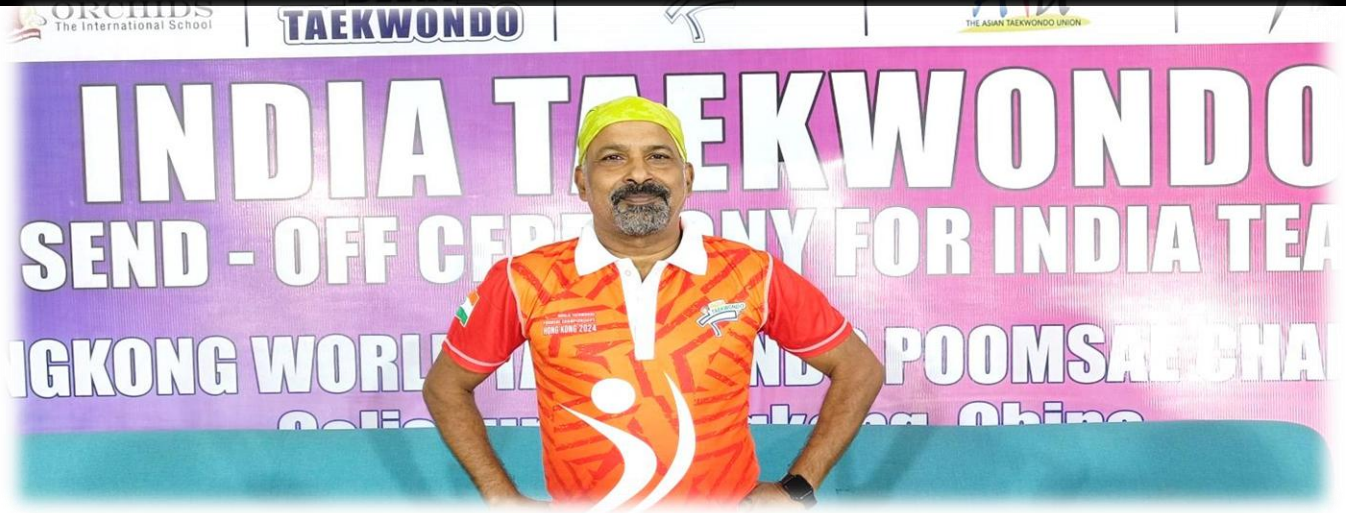
ATU TAEKWONDO POOMSAE EDUCATION
11 – 15 NOV 2024

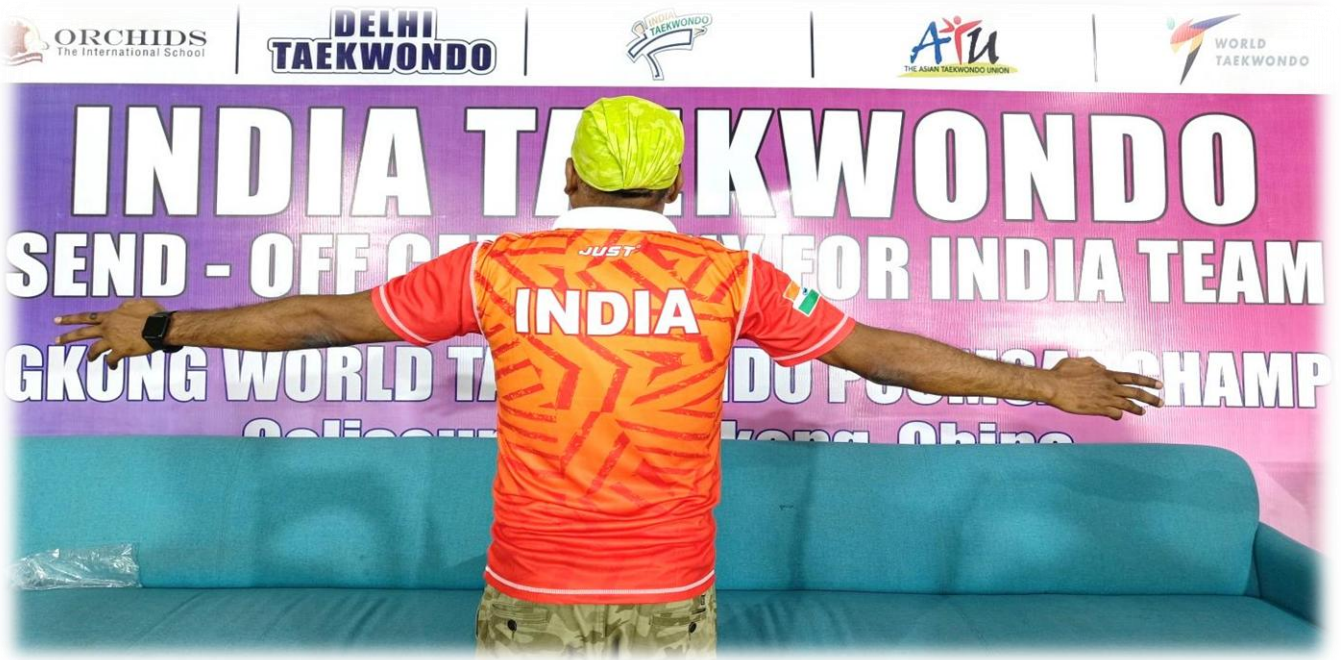


ATU CAMP AND WORLD CHAMPIONSHIP CAMP 2
BY INDIA TAEKWONDO

WORLD CHAMPIONSHIP -2024 - HONGKONG
PROUD TO BE WEARING INDIA TEAM JERSY-27 NOV 24







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







HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
SENIOR TEAM





Ashok Kumar Lenka
Male U-60 Pair



WORLD TAEKWONDO

INDIA TAEKWONDO

THE ASIAN TAEKWONDO UNION

INDIA

HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
SENIOR TEAM
RECOGNISED PAIR POOMSAE U60 AGE CAT





@indiataekwondo2019 #WEAREINDIATAEKWONDO @indiataekwondo_offical

WORLD TAEKWONDO

INDIA TAEKWONDO

THE ASIAN TAEKWONDO UNION

INDIA

HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
SENIOR TEAM



Debdas Roy
Male U-30 Pair



Erin Nobis
Female U-30 Pair



Yogesh Joshi
Male U-50 Pair



Priyanka Sankhe
Female U-50 Pair



Ashok Kumar Lenka
Male U-60 Pair



Lalthlamuanpuia
Male Team U-30



Shubhankar Samarjeet
Male Team U-30



Vanlalfela
Male Team U-30

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HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
SENIOR TEAM



Ugen Gurung
Individual
U-30 Male



Rupa Bayor
Individual
U-30 Female



Manoj Kumar
Individual Male U-40
Male Team U-50



Harsha Singha
Individual Female U-40
Female Team U-50



Ganga Ram Pradhan
Individual
U-50 Male



Trilok Subba
Individual Male U-60
Male Team U-60



Sabitri Pradhan
Individual Female U-60
Female Team U-60 Pair



Babu Velu Murugesh
Individual
U-65 Male

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WORLD TAEKWONDO

INDIA TAEKWONDO

THE ASIAN TAEKWONDO UNION

INDIA

HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
SENIOR TEAM



Chultem Palmu Bhutia
Female Team U-30



Adwayti Subba
Female Team U-30



Priyadarshini Jyoti Baniya
Female Team U-30



Ruthi Zainunsiami
Female Team U-50



Sita
Female Team U-50



Rajesh Khilari
Male Team U- 60



Laxmi Narayan Das
Male Team U- 60

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WORLD TAEKWONDO

INDIA TAEKWONDO

THE ASIAN TAEKWONDO UNION

INDIA

HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
U17 FREESTYLE TEAM



Prayag Jangir
Freestyle Individual Male



Taniksha Kakade
Freestyle Individual Female



Gagan Agarwal
Freestyle Pair



Himanshi Jain
Freestyle Pair



Thrived Gowda V
Freestyle Mixed Team



Hemavardhan N
Freestyle Mixed Team



Kartheswaran M
Freestyle Mixed Team



Shrutikaa deveshi
Freestyle Mixed Team



Adya sreeraj
Freestyle Mixed Team



Pratham Ullas
Freestyle Mixed Team

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HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
OVER - 17 FREESTYLE TEAM



Shivam Upadhayay
Freestyle Individual Male



Kalpana
Freestyle Individual Female



Shilpa Thapa
Freestyle Poomsae Pair



Dhamendra Singh
Freestyle Pair/Mixed Team



Aditdiya Singh
Freestyle Mixed Team



Jetly Singh
Freestyle Mixed Team



Chingthanganbi Chanu
Freestyle Mixed Team



Yaisana Devi
Freestyle Mixed Team

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HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
JUNIOR TEAM



Daksh Panyawar
Male Individual



Pansy Rampanzeli
Female Individual



Mit Khatana
Recognize Pair



Nilamben Bavliya
Recognize Pair



Rajdip Sondhabhai
Recognize Male Junior Team



Mayuresh Nikam
Recognize Male Junior Team



Uzayr Phaniband
Recognize Male Junior Team



Jigyasha Phukan
Recognize Female Team



Lenisha Narzary
Recognize Female Team



Bhargavi Sonowal
Recognize Female Team

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HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
CADET TEAM



Naitik Kalita
Individual Male/Recognize Pair



Yashwini Singh
Female Individual



Saraswati Devi
Recognize Pair



Kaavya Dhodayyanor
Recognize Male Team



Kian Desai
Recognize Male Team



Rudra Khandare
Recognize Male Team



Kelzang Bhutia
Recognize Female Team



Reyong hangma rai
Recognize Female Team



Ismarika Gurung
Recognize Female Team

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WORLD TAEKWONDO

INDIA TAEKWONDO

THE ASIAN TAEKWONDO UNION

INDIA

HONG KONG 2024
WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS
OFFICIALS


John Victor. G
Coach


Abhishek Dubey
Coach


Premkumar Shrestha
Coach


Jyoti Pagare
Coach


Pempa Dolma Tamang
Coach


Pranav Nivangune
Trainer


Praveen Kumar N
Trainer


Rajan Singh
Trainer


Akansha


Goutham Lavakumar


Maitri Gosar



SHRI NAMDEV SHIRGAONKAR
PRESIDENT, INDIA TAEKWONDO

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TEAM INDIA AT HONG KONG

WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS
HONG KONG 2024





TEAM INDIA AT HOTEL PARK HONGKONG -28 NOV 24









TEAM MEETING AT HOTEL PARK WITH IT PRESIDENT

WORLD CHAMPIONSHIP HONG KONG
PLAYER ACREDETION CARD - 29 NOV 2024







WORLD CHAMPIONSHIP - REST & PRACTICE DAY AT HONGKONG POLYTECNIC UNIVERSITY - 29 NOV 2024









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









WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM
INAUGURATION OF CHAMPIONSHIP - 30 NOV 2024







WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM
HUGE INDIA TEAM CHEERING ON STAND









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

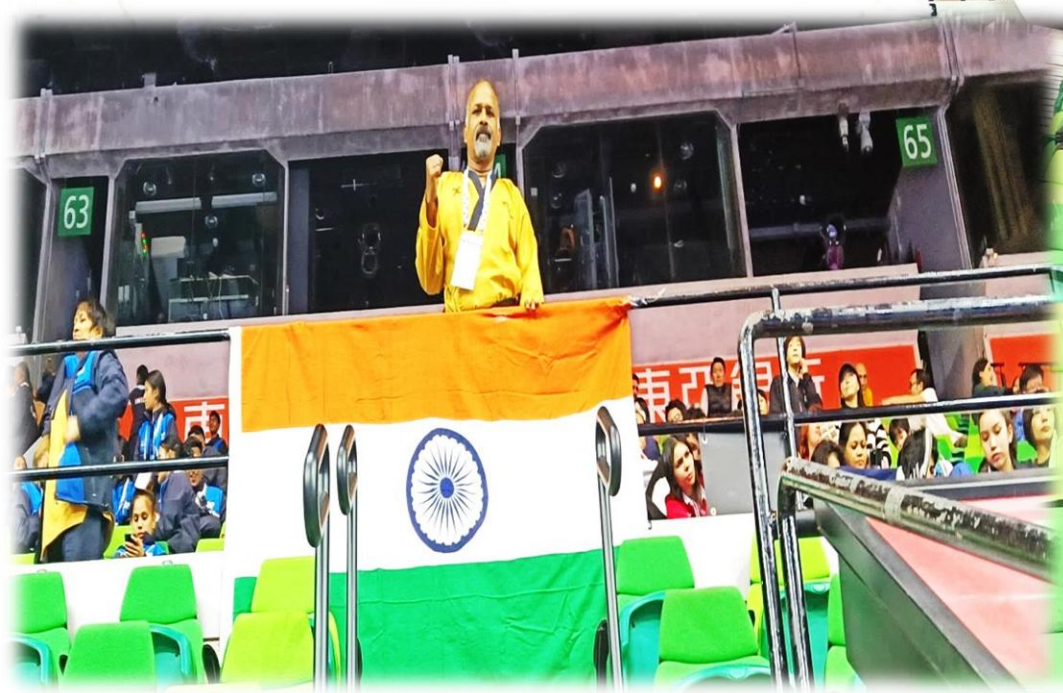






WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM
HUGE INDIA TEAM CHEERING ON STAND







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







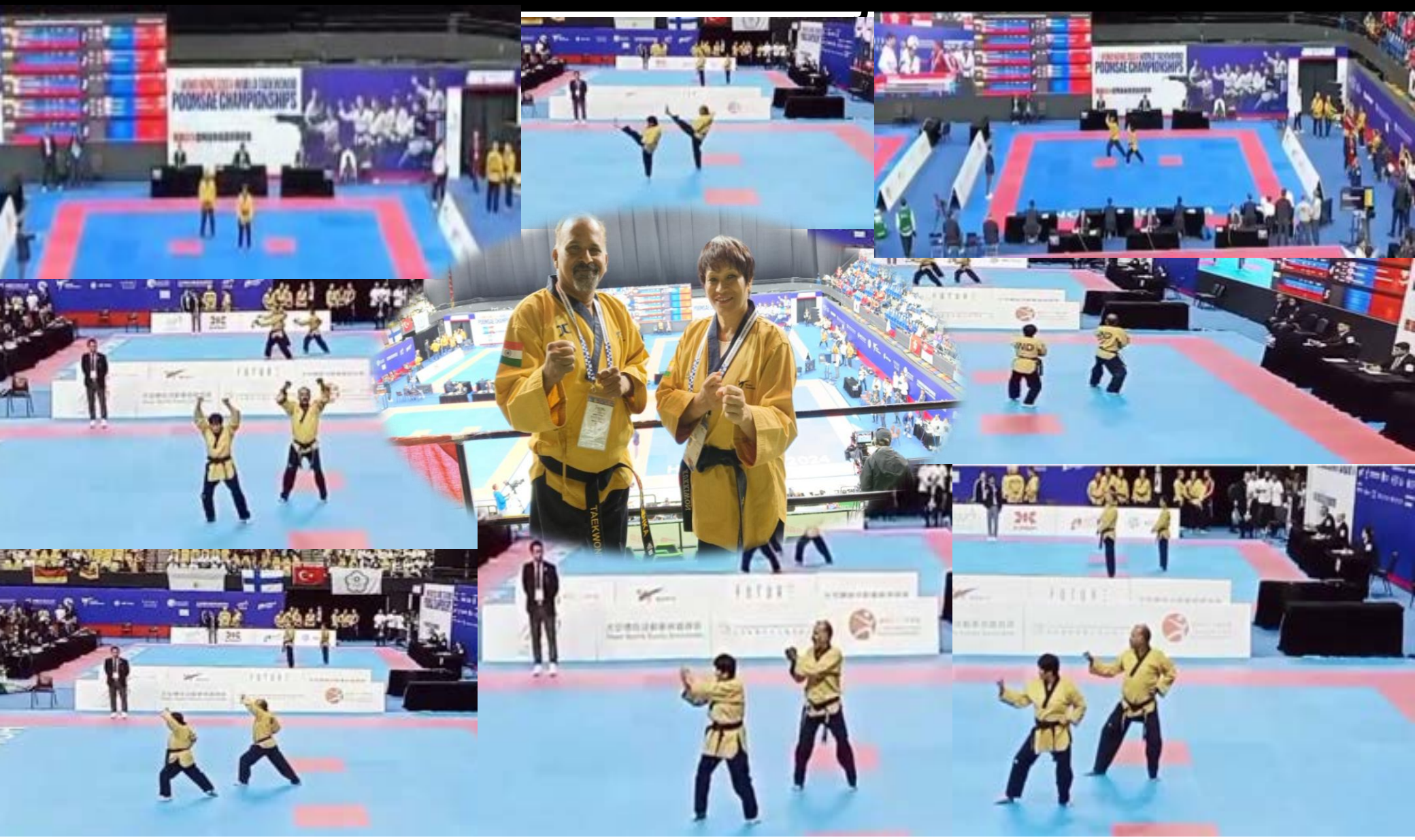
EVENT DAY1 RECOGNISED PAIR POOMSAE U60
30 NOV 2024-QUARTER FINAL INDIA VS AUSTRIA

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



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



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA



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		4
	AUT TRAXLER/SEELOS	7.900	8.000	7.950	WIN	

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





CERTIFICATE

PRESENTED TO

5th Place-ASHOK KUMAR LENKA (IND)

Recognized Poomsae Under 60 Mixed Pair

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

Dr. Chungwon Choue
President
World Taekwondo

Mr. Ching Man Chun, Louis
President
Hong Kong, China
Taekwondo Association



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


SHARING THE WORLD CHAMPIONSHIP BOOK LET BY Mr NAMDEV SHIRGAONKAR, PRESIDENT INDIA TAEKWONDO
DIVISIONAL SPORTS COMPLEX, NASHIK, MA
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

WORLD CHAMPIONSHIP ARENA HONG KONG COLLEGIUM

EVENT - RECOGNISED PAIR POOMSAE U60

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

PARTICIPATION CERTIFICATE





WORLD TAEKWONDO

WORLD TAEKWONDO POOMSAE CHAMPIONSHIPS HONG KONG 2024

CERTIFICATE

OF PARTICIPATION

Ashok kumar LENKA-Athlete

This is to certify that the above-named person has participated in and contributed to the success of the Hong Kong 2024 World Taekwondo Poomsae Championships in Hong Kong, China on 30th November to 4th December, 2024 promoted by the World Taekwondo

Chungwon Choue

Dr. Chungwon Choue
President
World Taekwondo

Mr. Ching Man Chun, Louis
President
Hong Kong, China
Taekwondo Association



FINAL SCORE IND-7.06 AUT – 7.95 WINNER AUSTRIA

PRIDE OF INDIA

Taking Flag Beyond The Boarders







PRIDE OF INDIA

Taking Flag Beyond The Boarders





PRIDE OF NATION















WORLD CHAMPIONSHIP EVENT AT HONGKONG COLLIGIUM




HONG KONG 2024 WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS
香港2024世界跆拳道品勢錦標賽
NOV (SAT) — 4 DEC (WED)
HONG KONG COLISEUM 香港體育館


WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS
HONG KONG 2024




WORLD TAEKWONDO
POOMSAE CHAMPIONSHIPS
HONG KONG 2024

AWARD OF ACTIVE PARTICIPATION TO INDIA BY WORLD TAEKWONDO

NOTE:-
A BIGGEST SETBACK- NO MEDAL WAS EARNED BY INDIA





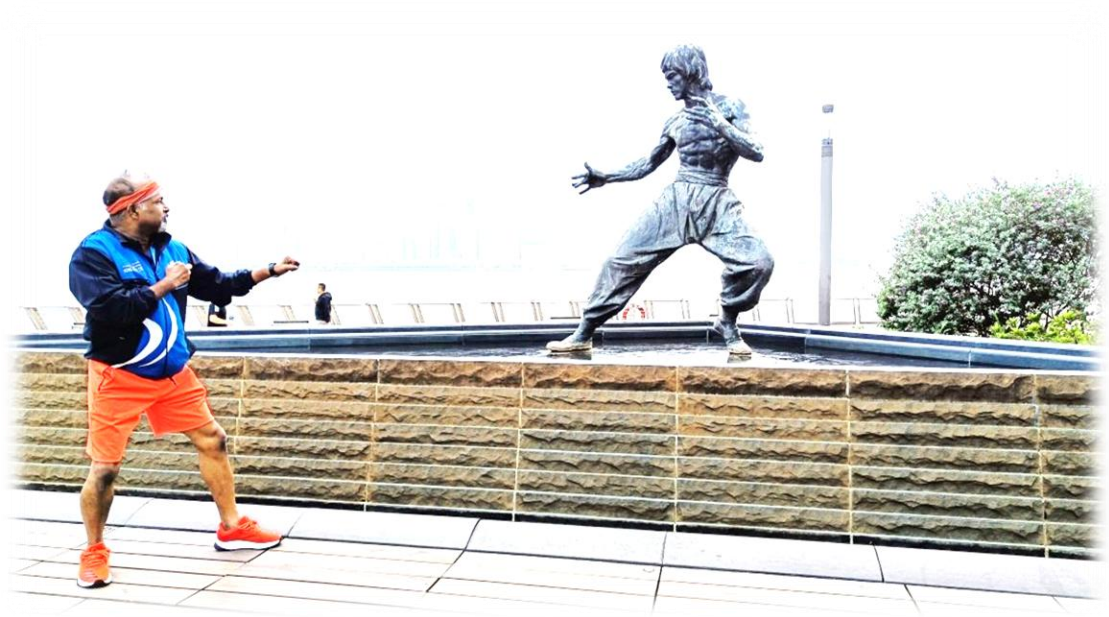
NOTE:-
POSITIVE NOTE: INDIA 1ST TIME IN THE HISTORY HAD A AVERAGE SCORE OF 8 OUT OF 10 WHICH WAS MACRO MARGIN TO MEDAL NOTICED BY ALL COUNTRIES SO WE WERE AWARDED

RECEIVED BY PRESIDENT INDIA TAEKWONDO

FORTUNATE TO BE AT BIRTH PLACE OF LEGENDARY MARTIAL ARTIEST BRUCE LEE ON BANKS OF HONGKONG RIVER









FLYING BACK TO INDIA AT HONGKONG AIRPORT







Feed Back DrAshok K Lenka

Feedback Dr Ashok Kumar Lenka on World Taekwondo Poomsae Championship 2024. Hongkong from 30 Nov to 4 Dec 2024.Plan for flag off of Indian National Taekwondo Team at New Delhi Selected Team reported at Orchid international School, Delhi on 27th Nov 2024 by 2pm. Team meeting, Kit, flight ticket and visa distribution at 10pm hosted by kcc team Mr Niraj and GM yong Lee. Team had a group photo session and was flagged off with a brief message by Grand Master. Positive - Everything was planned well regards flag off Negative- Their was no arrangement of snacks till 9om, food was not good to keep players energetic till Hongkong and even no good place to rest. As players started arriving from 12am onwards Departure of Team to Airport Team departed at 11 pm with the leadership of Mr Pravin and Mr Niraj by Bus. By the time we reached the airport the good news was that all those Visa were not received had been cleared, so there was cheer in the Team. At Airport check in and immigration was peaceful to Indigo flight. All boarded the flight at night 1am. Positive - Great showmanship of leadership by President IT as all Visa, immigration and check in went smoothly. Negative- in flight no arrangement of food or beverages. Which took Players energy to the lower side. Arrival at Hongkong No hitch. Everyone checked in to Hong Kong peacefully. Everyone was healthy and hearty. Accreditation of athletes and Team meeting was done by coaches of India Taekwondo. ACCOMODATION India Taekwondo has arranged accommodation for their players at Hotel Park a 4 star Hotel. Staying was really an awesome experience for the team. 30 Nov - Day1- World Championship. I was in a high mood to get medal for India in the U60 pair event with Master Sabitri. Master Prem was Coach and Dr Maitri was a Physiotherapist. We got a bye and directly we were to play in quarter final. Put up my best effort all these days. But may be it was not the day , could score 7.2 and Austria scored 7.9. They won and bagged Bronze medal. We missed it. But I got my life time best score even as pair. 30 Nov to 4 Dec I put my best effort in encouraging team taking their HD videos during performance and other team India related events. All coaches have put their good efforts in the event. All most all team members scored average 8 which is really historical for India. Though India could not get medal in the event but performance was historical. Food Breakfast at Park was awesome. Lunch was good for non- vegetarian but never good for vegetarian , could have customized and handed over to hotel. Dinner was good Positive- President India Taekwondo stayed all days of championship at Hongkong Stadium cheering the participants. So receiving a award of Active participation in world order is praiseworthy. Even the selection before the event was praiseworthy except a small point that the Silvers were not called for Selection Trial at Delhi. As Gold and Silvers are neck to neck.

Feed Back Contd/…

Training camp one at Delhi and specially second at Pune with ATU education team has hastened the performance. Except a small point that pre world championship expanse was almost 60-70 thousand at Nasik - Delhi - pune. Suggestion India coach should be with great knowledge of sports and shoulder know how to encourage and advice players. Analytics and guidance with good tkd education and achievements under gone. Should have research of each participant. Need a good conversation with the team and his or her point of view. I could not see anyone checking and correcting the performance of athletes which other countries were doing. Head and Asst Mangers should be put who has leadership to brief and guide the team in every situation before and after. I could not see any proper briefing to the team by the team manager before departure and at arrival with good intricacies. Nutritionists should guide the athletes for their food etc. Which was not. Finance From the selection trial till finish of tournament, almost expanse of 3lacs. Which is huge. With this I see a fear of losing good players because of huge finance. I know at this juncture federation is not in position to help in this front. But still request a team could be made to work on CSR fund generation with some good corporate for a long time. The kit was good but still a little more good outlook could have been created with an India Bledger in place of the cabin trolley. It is my personal private feedback for my country.

Big Day 2 playing for India in Hongkong World Championship on 30 Nov 2024. Narrowly missed a Medal with 7.2 score in quarter final to Austria. Thank you #indiataekwondo for making India play in this event successfully. With the second biggest team in the world and clinching Active Participation Award. Most importantly the historical team gave a historical performance in the event which was an average of 8.0 to 8.5 out of 10. This performance of giving neck to neck to very significant countries like Korea and the USA was appreciated by the greatest coaches and Masters of the world . That was really a great score, a great fight showcased and the biggest team next to the USA was the historical achievement in the history of taekwondo in India as per me. We witnessed the great spirit of our athletes and was humble in learning. Big days are ahead for Taekwondo in India. All credit goes to Mr @namdevshirgaonker , his technical and management team. I thank the President India Taekwondo you sir and your team for the successful, flawless championship. I am grateful for the unique opportunity. I will try my best to execute in whatever capacity to proud India. Thank you Regds With 💕 Jai Hind

Dr Ashok Kumar Lenka Veteran of IAF Pride Nation, Lifetime Achievement & Hall of Fame Awardee Athlete, WT Coach Kyorugi & Poomsae, Kms International Master, Mountain Climber , Media Professional, National Secretary Veterans India sports wing Tamilnadu state coach since 2018Vice President Odisha Taekwondo Athlete Indian National Team Climber of 11 Mountain Peaks and Performed Martial Arts over All Twice Nominated for National Award



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

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

PRESS RELEASE MEETING MINISTER

உலக டேக்வாண்டோ போட்டியில் கலந்துக்கொண்ட மாஸ்டர் அசோக் குமார் லேங்கா அவர்களுக்கு அமைச்சர் சா.மு.நாசர் பாராட்டு

சென்னை

உலக டேக்வாண்டோ பூம்சே போட்டியில் கலந்துக்கொண்ட மாஸ்டர் அசோக் குமார் லேங்கா அவர்களுக்கு ஆவடி சட்டமன்ற உறுப்பினரும், மான்புமிகு சிறுபான்மையினர் மற்றும் வெளிநாடு வாழ் தமிழர்கள் நலத்துறை அமைச்சருமான திரு சா.மு.நாசர் அவர்கள் பாராட்டு தெரிவித்தார்.திருவள்ளூர் மாவட்டம், ஆவடி அருகே உள்ள முத்தாபுதுப்பேட்டையை சேர்ந்த மாஸ்டர் அசோக் குமார் லேங்கா அவர்கள் ஹவ்ரங் அகடமி நடத்தி வருகிறார். மேலும் அவர் நவம்பர் 30 முதல் டிசம்பர் 4 வரை ஹாங் காங் நாட்டில் நடைபெற்ற உலக டேக்வாண்டோ பூம்சே போட்டியில் இந்தியா சார்பில் 60 வயதுடையோருக்கான ஜோடி பூம்சே போட்டியில் கலந்துக்கொண்டு ஐந்தாம் இடம் பெற்றார். இந்த போட்டியாளரை ஆவடி சட்டமன்ற உறுப்பினரும், மான்புமிகு சிறுபான்மையினர் மற்றும் வெளிநாடு வாழ் தமிழர்கள் நலத்துறை அமைச்சருமான திரு சா.மு.நாசர் அவர்கள் நேரில் அழைத்து பொன்னாடை போர்த்தி வாழ்த்துக்கள் தெரிவித்து பாராட்டினார்.இந்நிகழ்ச்சியில் மாஸ்டரின் மணைவி சஞ்ஜீவினி, அகடமி மேலாளர் கிருபாகரன், ஆவ்டி மாநகராட்சி 2-வது வார்டு மாமன்ற உறுப்பினர் திரு S.கோவிந்தராஜீ (எ) மணி மற்றும் ஆவடி மாநகர திமுக பிரதிநிதி D.சுதாகர் உள்ளிட்டோர் கலந்து கொண்டனர்.

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HAWRANG ACADEMY FELICITATING BY MR. S.M NASAR, HONORABLE MINISTER FOR MINORITIES AND NON RESIDENT TAMIL WELFARE, GOVT OF TAMILNADU









THANKING S.GOVINDARAJ (A) MANI, 2ND WARD COUNCILLOR, AVADI CORPORATION

BACK HOME FELICITATION BY VETERANS INDIA TAMILNADU CHAPTER







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

BEST WISHES FROM

S.GOVINDARAJ (A) MANI,

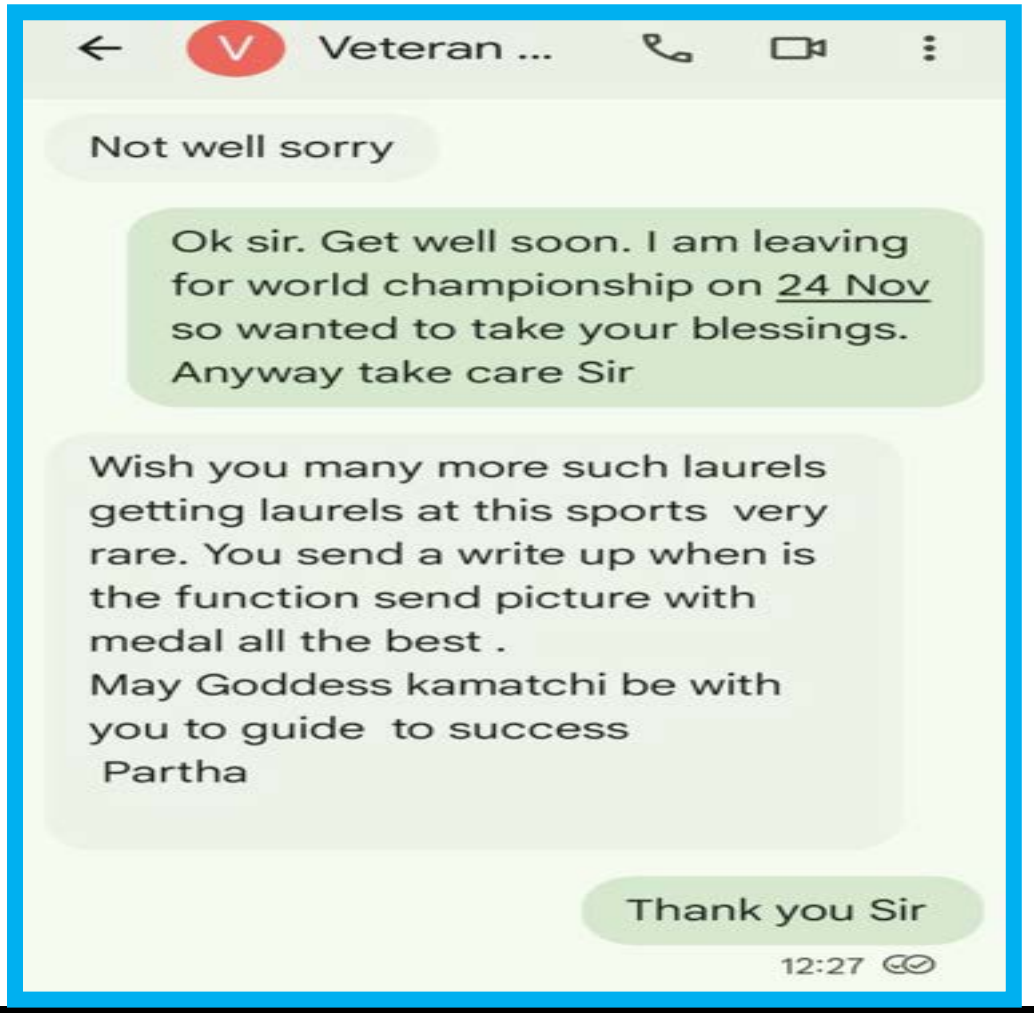
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Wg Cdr K Parthasarathi VSM



WG CDR K PARTHASARATHI, VSM

PUBLISHER & EDITOR MITRAN & FORMER VP AFA AVADI CHAPTER

FELICITATION BY 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.



FELICITATION BY VETERANS INDIA



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

Private group · 96.1K members

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Most relevant

Binay Mishra is with **Veterans Club Odisha** and **8 others**.
Admin · All-star contributor · 8h

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

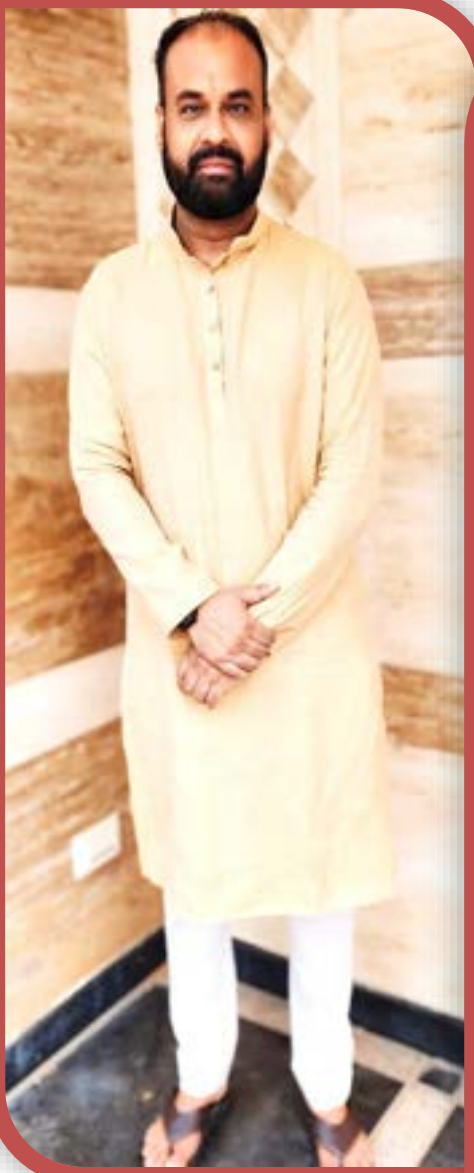


You, Chinmaya Kumar, Ashok Mohanty and 17 others — 10 comments



BEST WISHES FROM MY HOME LAND

SHRI SITANSHU SEKHAR MOHAPATRA, MLA, BHADRAK, ODISHA



Sitansu Sekhar Mohapatra

Posts About Videos Photos

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

1d ·

ଭଦ୍ରକ ଜିଲ୍ଲା ତଥା ରାଜ୍ୟ ତଥା ଦେଶର ଗର୍ବ ଆପଣ .....
ଡ଼ଃ. ଅଶୋକ ଲେଙ୍କାଙ୍କ ନାମ ନିଶ୍ଚୟ ଯଦିଙ୍କ ମୁହଁରୁ ଶୁଭିବ କାରଣ ଆମ ଅଞ୍ଚଳର ଗୌରବ..... Hong Kong ଠାରେ ଆୟୋଜିତ ବିଶ୍ୱ ଟାଇକୋଣ୍ଡୋ ଚମ୍ପିୟନଶିପରେ ଭାରତକୁ ପ୍ରତିନିଧିତ୍ୱ କରିବାକୁ ମନୋନୀତ ହୋଇଥିବାରୁ ଆପଣଙ୍କୁ ଅନେକ ଶୁଭେଚ୍ଛା ଓ ଅଭିନନ୍ଦନ.....ପ୍ରଭୁ ଜଗନ୍ନାଥ ଆପଣଙ୍କ ସ୍ୱପ୍ନ ସାକାର କରିବା ପଥିକ ଚଲା ପଥ କୁସୁମିତ କରନ୍ତୁ ଏତିକି କାମନା .....

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

BEST WISHES FROM MY HOME LAND

SHRI SITANSHU SEKHAR MOHAPATRA, MLA, BHADRAK, ODISHA






BEST WISHES FROM MY HOME LAND

SHRI SITANSHU SEKHAR MOHAPATRA, MLA, BHADRAK, ODISHA

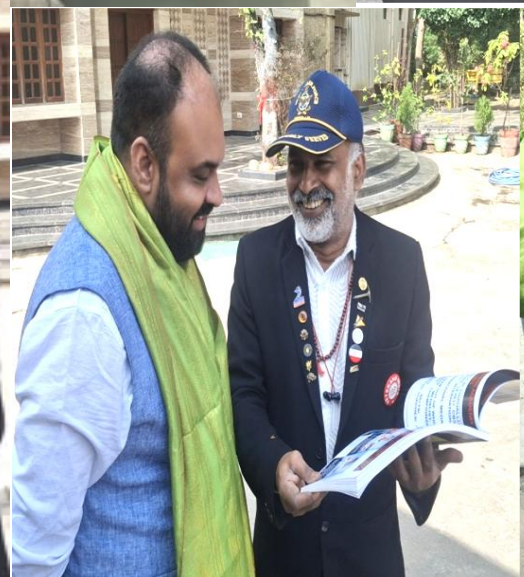














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ଭାରତ ବିକାଶ ପରିଷଦ






ଭପ୍ରକ
ଭାରତ ବିକାଶ ପରିଷଦ
ଡ.ଅଶୋକ ଲେଙ୍କାଙ୍କୁ ସମ୍ବର୍ଦ୍ଧନା


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CELEBRATING 35YEARS OF ASSOCIATION WITH AFFWA, IAF



FELICITATING

AIR CMDE PS VAIDYA, AOC AF STN AVADI /

SMT INDRANI VAIDYA, PRESIDENT AFFWA (L)

FELICITATING EDITOR "VETERANS MITRAN"



WG CDR K PARTHASARATHI, VSM

PUBLISHER & EDITOR MITRAN & FORMER VP AFA AVADI CHAPTER

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





HANDING OVER WORLD CHAMPIONSHIP 5TH POSITION CERTIFICATE

FELICITATION BY EXSERVICEMENT ASSOCIATION MTTNAMALLI ON - 26 JAN 24



REPUBLIC DAY CHIEF GUEST

GP CAPT GOPINATH, C ADM O, 23 ED AF

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





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 DIST TKD ASSOCIATION, C/O TAT, 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


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पत्रिका
5 Dec 2024 Page 7
डॉ. अशोक और सावित्री प्रधान भारतीय ताइक्वांडो टीम में चयनित
पहली बार 60 वर्ष आयुवर्ग की जोड़ी, ताइक्वांडो पूमसे की शुरुआत
WORLD TAEKWONDO


BREAKING!!!
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


SABITRI PRADHAN
ASHOK KUMAR LENKA
THE BRIDGE
INDIAN DUO QUALIFY FOR THE 2024
WORLD TAEKWONDO SENIOR POOMSAE C'SHIP
IN UNDER-60 CATEGORY


KHEL PATH
साप्ताहिक
खेल पथ
डॉ. अशोक लेंका और साबित्री प्रधान विश्व ताइक्वांडो में
फहराएंगे परचम
WORLD TAEKWONDO


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WORLD TAEKWONDO
INDIA TAEKWONDO
FINAL
2024

PRESS RELEASE

BEFORE

HAWRANG ACADEMY: PRESS RELEASE
VETERAN DUO DR ASHOK KUMAR LENKA & SABITRI PRADHAN
ALL SET TO PERORM AT HONGKONG WORLD CHAMPIONSHIP-2024 – 30 NOV TO 04 DEC 2024.



1ST TIME IN THE HISTORY OF WORLD CHAMPIONSHIP U60 AGE PAIR TAEKWONDO POOMSAE INTRODUCED

Master Dr Ashok Kumar Lenka, Founder Taminadu & Master Sabitri Pradhan, IPS, Sikkim are selected to represent India at Hongkong World Taekwondo Poomsae Championship - 2024 in Under-60years age Pair Poomsae category. This Duo will represent India in the Pair Poomsae event at World Senior Poomsae Championship, to be held at Honkong from 30th Nov to 4th Dec 2024. National Trials were conducted by India Taekwondo at Divisional Sports Complex, Nasik from 20th to 22 Sep 2024. Than after Selection a second Trial Training was conducted by National Federation at Orchid International School, Dwarka, New Delhi from 17 to 22 Oct 2024. After the final selection to India Team on 22 Oct 202,both were inducted to serious India Camp from 23- 27 Oct 2024. The training was taken by Grandmaster Won Yong Lee of Korean Cultural Centre Delhi. India Taekwondo is leaving no room for medal haul at Honkong world Championship. So India Taekwondo the National Federation has planned for a second intensive camp from 11 Nov to 15 Nov at Pune. The will be conducted by the best of best instructor of the World arranged by Asian Taekwondo Union. Team will leave India on 27 Nov 2024.

Now while both Veterans duo all set to perform best at world forum. So far both have almost 4 Decades of Taekwondo practice experience are Kukkiwon Masters and International Taekwondo Medallist in Poomsae. This rare achievement of representing India at World Championship comes in the wake of World Taekwondo deciding to 'on start' few senior ages category Under-50 and Under-60 Pair and Group Competitions in forthcoming world Championship at Honkong. This is really a 1st time event in the world, so its historical moment to represent the Nation at such an event which is 1st time happening in the world.

Poomsae in Taekwondo Sports is a set pattern of Taekwondo Attack and Defence movements designed age back 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 Presentation 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.

Dr Ashok Lenka is a Veteran of India Air Force, Pride of Nation, Lifetime Achievement & Hall of Fame Awardee and A Top Ranked Kukkiwon Master in India. He is also World Taekwondo (WT) Level-1 Kyorugi and Poomsae Coach, National Referee and Asian Taekwondo Union (ATU) qualified Coach. He is a qualified Mountaineer who 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 but at resident at Chennai, Tamilnadu since 2010, after his VRS from IAF, while Master Sabitri Pradhan, and presently is an IPS Officer who hails from the state of Sikkim. "Now it's time to practice hard to bag medals for India at World Championship. India Taekwondo has conducted two National Camps in succession. First camp was at New Delhi from 17 to 27 Oct 2024 and the second camp at Pune from 11 to 15 Nov 2024. He is also Grateful to blessings of his parents and Master. Also accredits his success to Cooperation & support of his Family, Hawrang Academy Manager, Coaches, Students, Parents, my Friends, Indian Air Force Fraternity, President and staffs of Air Force Family Welfare Association, Air Force Association, Avadi, Ex-servicemen Society, Veteran Club of Odisha, Mitran The Voice of Ex-servicemen & Veterans India.

Master Dr Ashok Kumar Lenka is Veteran of Indian Air Force and a vivid Sportsman & Adventurist. He has been a Champion Athlete since childhood. His Journey of Taekwondo started in the year 1989 at E&ITI, Bangalore while he met an Air warrior Grand Master Babu T Raghu. His master was than India Champion in Kyorugi and had represented India in 1988 Seoul World Championship. Till now Dr Lenka has practiced and taught almost 37 Years of Taekwondo at different IAF bases of India during his service under AFFWA. After voluntary retirement on 31st Jan 2010 as Junior Commissioned Officer from IAF, he got settled at Air Force Station Avadi, Chennai, Tamilnadu. Since than he is imparting the teaching of the art of Taekwondo to defence personal, their wards and civilians under Air Force Family Welfare Organisation (AFFWA), Air Force Station Avadi and also to welfare organisation of Ordnance Clothing Factory (OCF), Avadi, Chennai, Tamilnadu. In the Last 15 Years at IAF Avadi he has bagged more than 8000 medals for his Hawrang academy. His students are also being a part of Cadet and Junior Team of India. Several students earned Black Belts, SAI Certified Coaches, International/National/State/ District/SGFI/KVS/CBSE/University medallists. So far three of his students have participated in World Championship & Asian championship and are in India Team. Master Lokapradip & Master Tejas participated in Asian Championship 2023. Miss Saksham Yadav participated in World Championship-2024 bagged Historical Bronze Medal for India in Junior Category. Master Tejas Yadav bagged Bronze Medal for India in historical World Virtual Championship. They both were Champion student of Academy. Dr Lenka has taught Taekwondo & Self-Defence to more than 2 lakh boys & girls over the period of time. Dr Lenka remembers his master Mr Babu T Raghu and Grand Master Chang Seong Dong and gives all credit to them and their teaching. Dr Lenka as an Air warrior started coaching Taekwondo to Airforce personnel, their wards and Civilians since 1991 at Air Force Adampur punjab, AFS Awantipur Jammu & Kashmir, after AFTC Bangalore, AFS Nal, Rajasthan, than AFS Bhuj,Gujrat & lastly at AFS Avadi since 2008. Finnaly after Volunteer Retirement from IAF on 2010 he got settled over at Avadi, Chennai.

AFTER

PRESS RELEASE

INDIAN AIR FORCE AVADI VETERAN TAEKWONDO PLAYER CREATES HISTORY FOR TAMILNADU PARTICIPATES UNDER 60AGE CATEGORY AT HONKONG WORLD TAEKWONDO POOMSAE CHAMPIONSHIP-2024

Master Dr Ashok Kumar Lenka an Indian Air Force Veteran Taekwondo Coach player of IAF Avadi, Tamilnadu creates history for Tamilnadu. Participates under 60age category Pair Poomsae event at Honkong World Taekwondo Poomsae Championship-2024. Master Dr Ashok Kumar Lenka, of IAF Avadi, Tamilnadu and Master Sabitri Pradhan, an IPS, Sikkim Veteran Taekwondo Athlete at U60 age category participated in Pair Poomsae representing India at Hongkong World Taekwondo Poomsae Championship - 2024. World under 17age and Over 17 age Poomsae Championship aws held at Honkong Collegium from 30th Nov to 4th Dec 2024.

On 30 Nov they both played at Hong Kong Collegium and narrowly missed a medal for India and were out at Quarterfinal Bout. Mr Ashok K Lenka and Ms Sabitri Pradhan of India Played in Quarter Final against Mr Traxler and Mrs Seelos of Austria. The Indian Duo succumbed to defeat with narrow margin of 0.8. Both played Taebak Poomsae in Round1 and Jitae Poomsae in Round 2. India in Round 1 got 7.2 and Austria 7.9. Round 2 India got 7.02 and Autria got 8.0. Final Score Average was 7.06 India and Austria 7.950. Indian duo though got a defeat has broken their own record and secured personal best.

Total of 78 countries and more than 1750 Athletes have participated in the above championship. This time Indian team was second biggest contingent to USA in the world. So India was conferred with Active Participation Award. Indian team missed medal with a very narrow margin of 0.2 to 0.5 and secured an average of 8.0 out of 10 marks. Which was very close to winners score in the event? Performace in this championship was historical. India was adjudged as emerging Poomsae performers and future champions of the world

NEWS IN ODIA NEWS DHARITRI

ଧରିତ୍ରୀ
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ଭାରତ ବିକାଶ ପରିଷଦ ପକ୍ଷରୁ ସମ୍ବର୍ଦ୍ଧନା।

ଭଦ୍ରକ,୬।୧(ସନାତନ ରାଉତ)–ଭାରତ ବିକାଶ ପରିଷଦ ପକ୍ଷରୁ ଚରମ୍ପାର ଡା.ଅଶୋକ କୁମାର ଲେଙ୍କାକୁ ସମ୍ବର୍ଦ୍ଧନା ଦିଆଯାଇଛି। ୨୦୨୪ ଟ୍ୟାକୋଣ୍ଡୋ ଚାମ୍ପିୟନଶିପ୍‌ରେ ଭାରତର ପ୍ରତିନିଧିତ୍ୱ କରି ସେ ପଞ୍ଚମ ସ୍ଥାନ ଲାଭ କରିଥିଲେ। ବର୍ତ୍ତମାନ ସେ ଅଞ୍ଚଳ ଭାରତୀୟ ସେକ୍ରେଟାରୀ ଭେଟେରାନ ଇଣ୍ଡିଆ ଦାୟିତ୍ୱରେ ଅଛନ୍ତି। ସେ ବନ୍ଧୁମୁଖୀ ପ୍ରତିଭାର ଅଧିକାରୀ ହୋଇଥିବାରୁ ତାଙ୍କୁ ପରିଷଦ ପକ୍ଷରୁ ହୋଟେଲ ସିଟି ରେସିଡେନ୍ସି ସଙ୍ଗିନୀ କକ୍ଷରେ ଆୟୋଜିତ କାର୍ଯ୍ୟକ୍ରମରେ ସମ୍ବର୍ଦ୍ଧିତ କରାଯାଇଛି। ତାଙ୍କ ପରି ମହାନ୍ ବ୍ୟକ୍ତିଙ୍କ ପାଇଁ ଭଦ୍ରକ ମାଟି ଗର୍ବିତ ବୋଲି ପରିଷଦ ପକ୍ଷରୁ କୁହାଯାଇଛି। ପରିଷଦର ଉପଦେଷ୍ଟା ଡ. ରାମଚନ୍ଦ୍ର ପଣ୍ଡା, ପ୍ରଦୀପ ପୁରାଣ, ବିଭୁକଲ୍ୟାଣ ସ୍ୱାଇଁ, ଅର୍ପିତା ମହାନ୍ତି, ଗୋବିନ୍ଦ ରାଉତ, ଶରତ ପଡ଼ିଆରୀ, ମନୋଜ ରାୟ, ସଞ୍ଜୀବ ମହାନ୍ତି, ପୁଷ୍ପୋତ୍ତମା ମହାନ୍ତି, ଚିନ୍ତାମଣି ଶେଖ ପ୍ରମୁଖ ସମ୍ବର୍ଦ୍ଧନା କାର୍ଯ୍ୟକ୍ରମରେ ଉପସ୍ଥିତ ଥିଲେ।



NEWS IN LEADING ODIA NEWS DALY SAMAJ

ସମାଜ
ପ୍ରତିଷ୍ଠାତା-ଫକୀରମୋହନ ସେନାପତି
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ୱାର୍ଲଡ ତାଇକ୍ୱୋଣ୍ଡୋ ସିନିୟର ପୁମସେ ଚମ୍ପିଆନସିପ୍

ପଞ୍ଚମ ସ୍ଥାନରେ ଅଶୋକ-ସାବିତ୍ରୀ ଯୋଡ଼ି

ଭଦ୍ରକ,୨୭ ।୧୨(ସପ୍ର): 'ୱାର୍ଲଡ ତାଇକ୍ୱୋଣ୍ଡୋ ସିନିୟର ପୁମସେ ଚମ୍ପିଆନସିପ' ପାଇଁ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ୱ କରିଥିବା ଡ. ଅଶୋକ କୁମାର ଲେଙ୍କା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନଙ୍କ ଯୋଡ଼ି ବିଶ୍ୱରେ ପଞ୍ଚମ ସ୍ଥାନ ଅଧିକାର କରିଛନ୍ତି। ଏହି ଯୋଡ଼ି ୬୦ ବର୍ଷରୁ କମ୍ ବର୍ଗରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ। ଉପରୋକ୍ତ ଚମ୍ପିଆନସିପରେ ମୋଟ ୭୮ଟି ଦେଶ ଓ ୧୫୦୦ରୁ ଅଧିକ ଆଥଲେଟ ଅଂଶଗ୍ରହଣ କରିଥିଲେ। ସୂଚନା ଥାଉକି, ଡ. ଲେଙ୍କାଙ୍କ ଘର ଭଦ୍ରକର ଏରେଇଁ ତେନ୍ତୁଲିଗଡ଼ିଆ ଗ୍ରାମରେ। ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁସେନା ଅଧିକାରୀ। ବାୟୁସେନାରୁ ଅବସର ଗ୍ରହଣ ପରେ ଡ. ଲେଙ୍କା ସଂପ୍ରତି ଚେନ୍ନଇରେ ଅବସ୍ଥାନ କରୁଛନ୍ତି। ସେ ମଧ୍ୟ ସ୍ପୋର୍ଟସ ଫର ଭେଟେରାନ୍ସ ଇଣ୍ଡିଆ ଅର୍ଗାନାଇଜେସନ(ଏକ୍ସ-ସର୍ଭିସମେନ)ର ଜାତୀୟ ସଚିବ ରୂପେ କାର୍ଯ୍ୟରତ। ତାଙ୍କ ସହ ମନୋନୀତ ସାବିତ୍ରି ପ୍ରଧାନ ସିକିମ କ୍ୟାଡରର ଜଣେ ଆଇପିଏସ ଅଧିକାରୀ।



NEWS IN RAJASTHAN PATRIKA

पत्रिका

हांगकांग वर्ल्ड ताइक्वांडो पूमसे चैंपियनशिप-2024 में लिया हिस्सा

लेंका साठ वर्ष से कम आयु वर्ग में हुए शामिल

पत्रिका न्यूज नेटवर्क
patrika.com



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 एडब्ल्यूएस का आयोजन गत 30 नवंबर से 4 दिसंबर तक हांगकांग कॉलेजियम में हुआ। 30 नवंबर को अशोक कुमार लेंका और साबित्री प्रधान ने क्वार्टर फाइनल में ऑस्ट्रिया के ट्रेक्सलर 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 ताएबक 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 ऑट्रिया 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 खबरों और फोटोग्राफ्स के लिए देखें...
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NATIONAL SPORTS NEWS KHEL PATH



विश्व ताइक्वांडो पूमसे चैम्पियनशिप में डॉ. अशोक लेंका दिखाएंगे जौहरअरुणाचल की रूपा बायोर भी हांगकांग में करेंगी भारत का प्रतिनिधित्वखेलपथ संवादनई 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

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साप्ताहिक
खेल पथ
जो दिखा-वह लिखा

आयोजन,

विश्व ताइक्वांडो पूमसे चैम्पियनशिप में डॉ. अशोक लेंका दिखाएंगे जौहर

Nov 29 2024



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 दिग्गज़ खिलाड़ी भी शामिल हैं।

हांगकांग में होने वाली विश्व ताइक्वांडो पमसे चैम्पियनशिप में भारतीय दल को अच्छे प्रदर्शन की उम्मीद है। विश्व चैम्पियनशिप में 14 से 65 वर्ष तक के खिलाड़ी प्रतिभाग कर रहे हैं। भारतीय दल में डॉ. अशोक कुमार लेंका का कहना है कि वह स्वर्णिम सफलता हासिल करने को तैयार हैं। डॉ. अशोक लेंका पूर्व सैनिकों की अध्यक्षता वाले देशभक्त संगठन वेटरन्स इंडिया स्पोर्ट्स विंग के राष्ट्रीय सचिव भी हैं।

विश्व ताइक्वांडो पूमसे चैम्पियनशिप में अरुणाचल प्रदेश की होनहार ताइक्वांडो एथलीट रूपा ब्योर भी कमाल करने को तैयार हैं।अरुणाचल प्रदेश के मुख्यमंत्री पेमा खांडू ने सोशल मीडिया पर एक पोस्ट के ज़रिए बेयोर को इस उल्लेखनीय उपलब्धि के लिए बधाई दी। उन्होंने खेल के प्रति उनके समर्पण की सराहना की और इस तरह के प्रतिष्ठित अंतरराष्ट्रीय आयोजन में प्रतिस्पर्धा करने के महत्व पर ज़ोर दिया। खांडू ने ब्योर को वैश्विक मंच पर अपनी प्रतिभा दिखाने के लिए शुभकामनाएं भी दीं और अरुणाचल प्रदेश तथा भारत के लोगों से राष्ट्र को गौरवान्वित करने के उनके प्रयास में उनका समर्थन करने का आह्वान किया। इस वैश्विक प्रतियोगिता का सीधा प्रसारण वर्ल्ड ताइक्वांडो यूट्यूब चैनल पर किया जाएगा।

ସକାଳ
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ୱାର୍ଲ୍ଡ ତାଇକ୍ୱୋଣ୍ଡୋ ପ୍ରତିଯୋଗିତାରେ ପ୍ରତିନିଧିତ୍ୱ କରିବେ ଅଶୋକ

ଭୁବନେଶ୍ୱର/ଭଦ୍ରକ, ୩୦।୧୧(ସମିସ): ନଭେମ୍ବର ୩୦ରୁ ଡିସେମ୍ବର ୪ ତାରିଖ ପର୍ଯ୍ୟନ୍ତ ହେବାକୁ ଥିବା 'ୱାର୍ଲ୍ଡ ତାଇକ୍ୱୋଣ୍ଡୋ ସିନିୟର୍ ପୁମ୍‌ସେ ଚାମ୍ପିଅନ୍‌ସିପ୍' ଅଶୋକ କୁମାର ଲେଙ୍କା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ୱ କରିବେ। ୬୦ ବର୍ଷରୁ କମ୍ ବୟସ ପ୍ରତିଯୋଗିତା (ଇଭେଣ୍ଟ) ରେ ଅଂଶଗ୍ରହଣ ଲାଗି ଏହି ଯୋଡ଼ି ମନୋନୀତ ହୋଇଛନ୍ତି। ସୂଚନାଥାଉ କି, ଡ. ଲେଙ୍କାଙ୍କ ଘର ଭଦ୍ରକର ଏରେଇଁ ତେନ୍ତୁଳିଗଡ଼ିଆ ଗ୍ରାମରେ। ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁସେନା ଅଧିକାରୀ। ଚାକିରିରୁ ଅବସର ନେବା ପରେ ଡ. ଲେଙ୍କା ସମ୍ପ୍ରତି ଚେନ୍ନାଇରେ ଅବସ୍ଥାନ କରିଛନ୍ତି। ତାଇକ୍ୱୋଣ୍ଡାରେ ଦୀର୍ଘ ୩୦ ବର୍ଷର ଅଭ୍ୟାସ ରଖିଛନ୍ତି ଓ ଅତୀତରେ ସେ ବିଭିନ୍ନ ପ୍ରତିଯୋଗିତାରେ ଭାଗ ନେଇ ସଫଳତା ହାସଲ କରିଛନ୍ତି। ସେ ମଧ୍ୟ ହାଙ୍ଗାରାଙ୍ଗ୍ ଏକାଡେମୀର ପ୍ରତିଷ୍ଠା ତଥା ଭେଟେରାନ୍‌ସ ଇଣ୍ଡିଆ ସ୍ପୋର୍ଟସ୍‌ର ଜାତୀୟ ମହାସଚିବ ଅଛନ୍ତି। ତାଙ୍କ ସହ ମନୋନୀତ ହୋଇଥିବା ସାବିତ୍ରୀ ପ୍ରଧାନ ହେଉଛନ୍ତି ଜଣେ ସିକିମ୍ କ୍ୟାଡରର ଆଇପିଏସ୍ ଅଧିକାରୀ। ଡ. ଲେଙ୍କା 'ୱାର୍ଲଡ ତାଇକୋଣ୍ଡା ସିନିୟର୍ ପୁମ୍‌ସେ ଚାମ୍ପିଅନ୍‌ସିପ୍' ପାଇଁ ମନୋନୀତି ହେବା ପରେ ଭଦ୍ରକରେ ତାଙ୍କ ଶୁଭେଚ୍ଛୁ ମହଲରେ ଆନନ୍ଦ ପ୍ରକାଶ ପାଇବା ସହ ଏହା ଭଦ୍ରକ ପାଇଁ ଗୌରବର ବିଷୟ ବୋଲି କୁହାଯାଉଛି।



NATIONAL NEWS : THE BRIDGE

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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 cleated 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.



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NATIONAL NEWS : INDIA IN OLYMPICS

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India In Olympics
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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. 🤩👌

#Taekwondo #IndianSports
#AshokKumarLenka #SabitriPradhan
Sports Authority of India @topfans
Department of Sports, MYAS, Government of India Team India — in **New Delhi**.



NATIONAL SPORTS NEWS NDTVSPORTS

https://sports.ndtv.com/othersports/india-make-huge-mark-in-taekwondo-pair-over-100-years-old-combined-qualify-for-world-championships-6935749

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 Honkong from 30th Nov to 4th Dec 2024. National Trials were conducted by India Taekwondo at Divisional Sports Complex, Nasik 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 Honkong. This is a first n the world, and a historical moment to represent the nation at such an event.

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 adventurist. 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.

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ସମାଜ
The Samaja



ଭଦ୍ରକର ଗୌରବ ଡ. ଅଶୋକ ଲେଙ୍କା

ୱାର୍ଲଡ ତାଇକୋଣ୍ଡୋ ପ୍ରତିଯୋଗିତାରେ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ୱ କରିବେ

ଭଦ୍ରକ,୪ ।୧୧(ସପ୍ର): ନଭେମ୍ବର ୩୦ରୁ ଡିସେମ୍ବର ୪ ତାରିଖ ପର୍ଯ୍ୟନ୍ତ ହଂକଂରେ ହେବାକୁ ଥିବା 'ୱାର୍ଲଡ ତାଇକୋଣ୍ଡୋ ସିନିୟର ପୁମ୍‌ସେ ଚାମ୍ପିଅନସିପ୍' ପାଇଁ ଡ. ଅଶୋକ କୁମାର ଲେଙ୍କା ଓ ସାବିତ୍ରୀ ପ୍ରଧାନ ଭାରତରୁ ପ୍ରତିନିଧିତ୍ୱ କରିବେ। ୬୦ ବର୍ଷରୁ ଉର୍ଦ୍ଧ୍ୱ ବୟସ ପ୍ରତିଯୋଗିତା(ଇଭେଣ୍ଟ)ରେ ଅଂଶଗ୍ରହଣ ଲାଗି ଏହି ଯୋଡ଼ି ମନୋନୀତ ହୋଇଛନ୍ତି। ସୂଚନା ଥାଉକି, ଡ. ଲେଙ୍କାଙ୍କ ଘର ଭଦ୍ରକର ଏରେଇଁ ତେନ୍ତୁଳିଗଡ଼ିଆ ଗ୍ରାମରେ। ସେ ଜଣେ ପୂର୍ବତନ ବାୟୁ ସେନା ଅଧିକାରୀ। ଚାକିରିରୁ ଅବସର ନେବା ପରେ ଡ. ଲେଙ୍କା ସଂପ୍ରତି ଚେନ୍ନଇରେ ଅବସ୍ଥାନ କରୁଛନ୍ତି। ତାଇକୋଣ୍ଡୋରେ ଦୀର୍ଘ ୩୦ ବର୍ଷର ଅଭ୍ୟାସ ରଖିଛନ୍ତି ଓ ଅତୀତରେ ସେ ବିଭିନ୍ନ ପ୍ରତିଯୋଗିତାରେ ଭାଗ ନେଇ ସଫଳତା ହାସଲ କରିଛନ୍ତି। ସେ ମଧ୍ୟ ହାଣ୍ଡାରଙ୍ଗ୍ ଏକାଡେମୀର ପ୍ରତିଷ୍ଠା ତଥା ଭେଟେରାନ୍‌ସ ଇଣ୍ଡିଆ ସ୍ପୋର୍ଟସର ଜାତୀୟ ମହାସଚିବ ଅଛନ୍ତି। ତାଙ୍କ ସହ ମନୋନୀତ ହୋଇଥିବା ସାବିତ୍ରି ପ୍ରଧାନ ହେଉଛନ୍ତି ଜଣେ ସିକିମ କ୍ୟାଡରର ଆଇପିଏସ ଅଧିକାରୀ। ଡ. ଲେଙ୍କା 'ୱାର୍ଲଡ ତାଇକୋଣ୍ଡୋ ସିନିୟର ପୁମ୍‌ସେ ଚାମ୍ପିଅନସିପ' ପାଇଁ ମନୋନୀତ ହେବା ପରେ ଭଦ୍ରକରେ ତାଙ୍କ ଶୁଭେଚ୍ଛୁ ମହଲରେ ଆନନ୍ଦ ପ୍ରକାଶ ପାଇବା ସହ ଏହା ଭଦ୍ରକ ପାଇଁ ଗୌରବର ବିଷୟ ବୋଲି କୁହାଯାଉଛି।



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य एषु सुप्तेषु जागर्ति | वर्ष 19 | अंक 71 | पृष्ठ 12 | मूल्य ₹6.00 | चेन्नई, मंगलवार 05 नवंबर, 2024 | कार्तिक शुक्ल पक्ष चतुर्थी, संवत् 2081
तमिलनाडु, कर्नाटक, राजस्थान, मध्यप्रदेश, छत्तीसगढ़, पश्चिम बंगाल, गुजरात और दिल्ली से

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डॉ. अशोक और सावित्री प्रधान भारतीय ताइक्वांडो टीम में चयनित

पहली बार 60 वर्ष आयुवर्ग की जोड़ी, ताइक्वांडो पूमसे की शुरुआत

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चेन्नई. हवरंग अकादमी के संस्थापक और वेटरन्स इंडिया स्पोर्ट्स के राष्ट्रीय महासचिव मास्टर डॉ. अशोक कुमार लेंका और सिक्किम की पुलिस अधीक्षक 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 हैं। यह जोड़ी आगामी 30 नवंबर से 4 दिसंबर तक हांगकांग में आयोजित होने वाली वर्ल्ड सीनियर पूमसे चैंपियनशिप में पेयर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी। इंडिया ताइक्वांडो द्वारा गत 20 से 22 सितंबर तक डिवीजनल स्पोर्ट्स कॉम्प्लेक्स, नासिक में राष्ट्रीय ट्रायल आयोजित किए गए थे। इन दोनों चयनित सदस्यों को करीब 4 दशकं का ताइक्वांडो अभ्यास का अनुभव हैं और ये कुक्कीवॉन मास्टर्स और पूमसे में अंतर्राष्ट्रीय ताइक्वांडो पदक जीत चुके हैं। विश्व चैंम्पियनशिप में भारत का प्रतिनिधित्व करने की यह दुर्लभ उपलब्धि विश्व ताइक्वांडो द्वारा हांगकांग में आगामी विश्व चैंम्पियनशिप में कुछ वरिष्ठ आयुवर्ग अंडर-50 और अंडर-60 जोड़ी और समूह प्रतियोगिताएं शुरू करने के निर्णय के मद्देनजर आई हैं। ऐसा आयोजन दुनिया में पहली बार होने वाला है।

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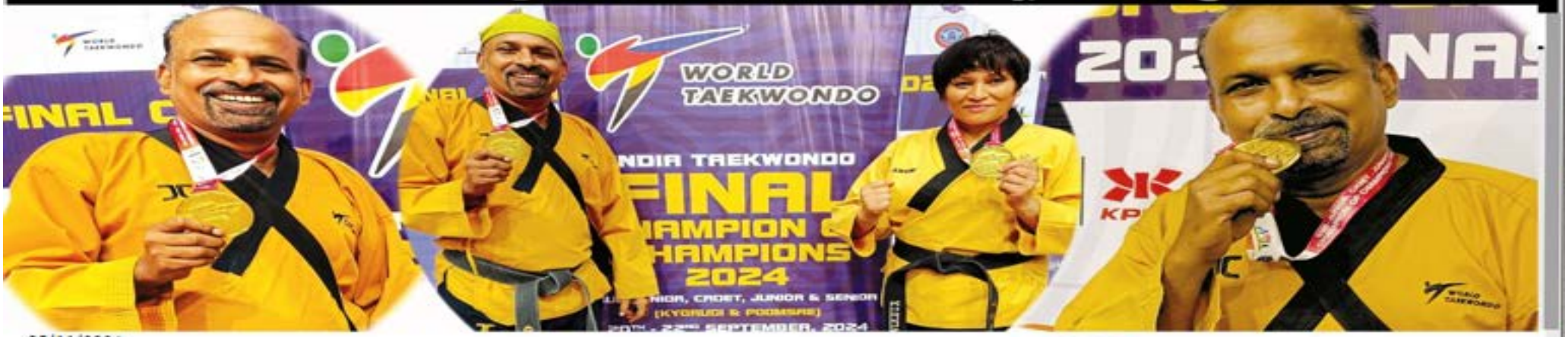
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NSE

डॉ. अशोक और सावित्री प्रधान भारतीय ताइकांडो टीम में चयनित

पहली बार 60 वर्ष आयुवर्ग की जोड़ी, ताइक्वांडो पूमसे की शुरुआत



05/11/2024

चेन्नई. हवरंग अकादमी के संस्थापक और वेटरन्स इंडिया स्पोर्ट्स के राष्ट्रीय महासचिव मास्टर डॉ. अशोक कुमार तेंका और सिक्किम की पुलिस अधीक्षक 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 आगामी 30 नवंबर से 4 दिसंबर तक हांगकांग में आयोजित होने वाली वर्ल्ड सीनियर पूमसे चैंपियनशिप में पेयर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी। इंडिया ताइक्वांडो द्वारा गत 20 से 22 सितंबर तक डिवीजनल स्पोर्ट्स कॉम्प्लेक्स, नासिक में राष्ट्रीय ट्रायल आयोजित किए गए थे। इन दोनों चयनित सदस्यों को करीब 4 दशक का ताइक्वांडो अभ्यास का अनुभव है और ये कुक्कीवॉन मास्टर्स और पूमसे में अंतर्राष्ट्रीय ताइक्वांडो पदक जीत चुके हैं। विश्व चैम्पियनशिप में भारत का प्रतिनिधित्व करने की यह दुर्लभ उपलब्धि विश्व ताइक्वांडो द्वारा हांगकांग में आगामी विश्व चैम्पियनशिप में कुछ वरिष्ठ आयुवर्ग अंडर-50 और अंडर-60 जोड़ी और समूह प्रतियोगिताएं शुरू करने के निर्णय के मद्देनजर आई है। ऐसा आयोजन दुनिया में पहली बार होने वाला है।

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



KHEL PATH
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खेलपथ | साइनागर | आयोजन | खतिपर | क्रिकेट | प्रतिभा | अंतरराष्ट्रीय | शिक्षा

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 जोशीली भारतीय शख्सियतों ने खेल के क्षेत्र में कुछ ऐसा किया है जिसकी हर कोई तारीफ करते नहीं थक रहा। यह जोशीली शख्सियतें है जांबाज डॉ. अशोक कुमार लेंका तथा सिक्किम की जांबाज पुलिस अधीक्षक सावित्री प्रधान। यह भारतीय जोड़ी 30 नवम्बर से चार दिसम्बर तक हांगकांग में होने वाली वर्ल्ड सीनियर पूमसे चैम्पियनशिप में पेयर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी।

प्राप्त जानकारी के अनुसार इंडिया ताइक्वांडो द्वारा 20 से 22 सितम्बर तक त्रिवीजनल स्पोर्ट्स कॉम्प्लेक्स, नासिक में हुई चयन ट्रायल में हावरांग अकादमी के संस्थापक और वेटरन्स इंडिया स्पोर्ट्स के राष्ट्रीय महासचिव मास्टर डॉ. अशोक कुमार लेंका और सिक्किम की पुलिस अधीक्षक 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 पेयर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी।

इन दोनों खेल शख्सियतों के पास लगभग चार दशक का ताइक्वांडो अभ्यास का अनुभव है। ये कुक्कीवॉन मास्टर्स और पूमसे में अंतरराष्ट्रीय ताइक्वांडो पदक विजेता है। विश्व चैम्पियनशिप में भारत का प्रतिनिधित्व करने की यह दुर्लभ उपलब्धि विश्व ताइक्वांडो द्वारा हांगकांग में आगामी विश्व चैम्पियनशिप में कुछ वरिष्ठ आयु वर्ग अंडर-50 और अंडर-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 आंदोलनों का एक सेट पैटर्न है जिसे दक्षिण कोरिया में ताइक्वांडो के मुख्यालय कुक्कीवॉन में बहुत पहले डिज़ाइन किया गया था। इस आयोजन में महारत हासिल करने और प्रदर्शन करने के लिए कुल 16 नामित पूमसेज़ मौजूद है। कुल 10 अंकों में से अंक दिए गए हैं। सटीकता के लिए 4 अंक और प्रजेंटेशन के लिए कुल 6 अंक है। आगे की प्रस्तुति 6 अंकों को तीन श्रेणियों में विभाजित किया जा रहा है। (अ) गति और शक्ति -2 अंक (ब) लय और गति -2 अंक (स) 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 यादृच्छिक रूप से चुने गए निर्दिष्ट पूमसे को एक साथ प्रदर्शन करना होता है।

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

31 जनवरी 2010 को भारतीय वायुसेना से जूनियर कमीशंड अधिकारी के रूप में स्वैच्छिक सेवानिवृत्ति के बाद, वह वायु सेना स्टेशन अवडी, चेन्नई, तमिलनाडु में बस गए चूंकि वह वायुसेना परिवार कल्याण संगठन, वायुसेना स्टेशन अवडी के तहत रक्षा कर्मियों, उनके बच्चों और नागरिकों को ताइक्वांडो की कला की शिक्षा प्रदान कर रहे है और साथ ही आयुध शस्त्र फैक्ट्री अवडी, चेन्नई के कल्याण संगठन को भी सिखा रहे है। तमिलनाडु आईएएफ अवडी में पिछले 15 वर्षों में उन्होंने अपनी हावरांग अकादमी के लिए 10 हजार से अधिक पदक जीते है।

डॉ. अशोक लेंका के शिष्य छात्र भारत की कैडेट और जूनियर टीम का भी हिस्सा बन रहे है। कई छात्रों ने ब्लैक बेल्ट, साई प्रमाणित कोच, अंतर्राष्ट्रीय/ राष्ट्रीय/ राज्य/ जिला/ एसजीएफआई/ केवी/ सीबीएसई/ विश्वविद्यालय पदक विजेता अर्जित किए। उन्होंने पिछले कुछ समय में दो लाख से अधिक लड़कों और लड़कियों को ताइक्वांडो और आत्मरक्षा सिखाई है। डॉ. लेंका अपनी उपलब्धि का सारा श्रेय अपने गुरु के प्रशिक्षण और उनकी शिक्षा को देते है। ग्रैंड मास्टर बाबू टी रघु, 1980 के दशक के ताइक्वांडो इंडिया चैम्पियन, एक अद्वितीय कोच रहे है। एक वायु योद्धा के रूप में डॉ. लेंका ने 1991 से वायुसेना आदमपुर, वायुसेना अंबतीपुर, वायुसेना एएफटीसी बैंगलोर, वायुसेना नाल, राजस्थान, वायुसेना भुज, गुजरात और अंत में वायुसेना अवडी और उसके बाद वायुसेना कर्मियों और उनके बच्चों और नागरिकों को ताइक्वांडो का प्रशिक्षण देना शुरू किया। 2010 को वीआरएस यहीं पर तय हो गया।

डॉ. लेंका राष्ट्र का गौरव, लाइफटाइम अचीवमेंट और हॉल ऑफ फेम पुरस्कार विजेता और भारत में शीर्ष रैंक वाले कुक्कीवॉन मास्टर है। वह विश्व ताइक्वांडो (डब्ल्यूटी) लेवल-1 क्योरुगी और पूमसे कोच, नेशनल रेफरी और एशियन ताइक्वांडो यूनियन (एटीयू) योग्य कोच भी है। वह एक योग्य पर्वतारोही है, जिन्होंने हिमालय की विभिन्न श्रेणियों में 11 पर्वत चोटियों पर चढ़ाई की और पहाड़ पर मार्शल आर्ट के गूढ़ तत्वों का अभ्यास किया; जिसके लिए उन्हें आईएएफ की ओर से तेनज़िंग नोर्गे नेशनल लैंड एडवेंचर अवॉर्ड के लिए नामांकित किया गया था। वह भद्रक, ओडिशा के रहने वाले है, जबकि मास्टर सावित्री प्रधान वर्तमान में एक आईपीएस अधिकारी है, जो सिक्किम राज्य से है। हालांकि, मास्टर अशोक चेन्नई, तमिलनाडु में बसे है और तमिलनाडु राज्य से खेलते है। तमिलनाडु के ताइक्वांडो एसोसिएशन का समर्थन और सहयोग वास्तव में इन वर्षों में बहुत उत्साहजनक रहा है।

डॉ. अशोक कुमार लेंका विश्व चैम्पियनशिप में भारत के लिए पदक जीतने के लिए जीतोड़ मेहनत कर रहे है। डॉ. लेंका अपने शानदार करियर के लिए अपने माता-पिता, गुरु, पत्नी संजीवनी तथा पुत्र कलिंगा और आर्यन, भद्रक में भाइयों और बहनों के सहयोग और समर्थन के आभारी है। वह अपने प्रशिक्षण में सहयोग के लिए भारतीय वायुसेना, अध्यक्ष वायुसेना परिवार कल्याण एसोसिएशन, स्थानीय वायुसेना अड्डों के विभिन्न कमांडरों का भी आभार मानते है। डॉ. लेंका का कहना है कि सेवानिवृत्ति के बाद वायुसेना संघ अवडी और पूर्व सैनिक संघ द्वारा दिया गया समर्थन वास्तव में प्रशंसनीय था। पूर्व सैनिकों की पारी की शुरुआत में विंग कमांडर पार्थसारथी, संपादक मिशन- पूर्व सैनिकों की आवाज के समर्थन का विशेष उल्लेख अविश्वसनीय था। डॉ. लेंका आईएएफ के ईएस28 बैच के साथी, दोस्त, रिश्तेदार और हावरांग अकादमी के सभी छात्र और उनके माता-पिता, खेलपथ के संपादक श्रीप्रकाश शुक्ला, राजस्थान पत्रिका के संपादक डीएल शर्मा, वेटरन्स इंडिया स्पोर्ट्स विंग के बीके मिश्रा आदि का भी समय समय पर प्रोत्साहन के लिए आभार मानते हुए कहते है यह यात्रा प्रशंसनीय है तथा यह तो बस शुरुआत है।

रिलेटेड पोस्ट्स

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



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विश्व चैम्पियनशिप के इतिहास में पहली बार खेलेगी भारतीय जोड़ी

अण्डर-60 आयु वर्ग में भारतीय जोड़ी ताइक्वांडो पूमसे में करेगी कमाल

खेलपथ संवाद

- **डा. अशोक लेका और साबेत्रा प्रधान विश्व ताइक्वाडो मे फहराएगे परचमविश्व चॉम्पियनशिप के इतिहास मे पहली बार खेलगी भारतीय जोड़ीअण्डर-60 आयु वर्ग में भारतीय जोड़ी ताइक्वांडो पूमसे में करेगी कमालखेलपथ संवादनई 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 जोशीली भारतीय शख्सियतों ने खेल के क्षेत्र में कुछ ऐसा किया है जिसकी हर कोई तारीफ करते नहीं थक रहा। यह जोशीली शख्सियतें हैं जांबाज डॉ. अशोक कुमार लेंका तथा सिक्किम की जांबाज पुलिस अधीक्षक साबित्री प्रधान। यह भारतीय जोड़ी 30 नवम्बर से चार दिसम्बर तक हांगकांग में होने वाली वर्ल्ड सीनियर पूमसे चैम्पियनशिप में पेयर पूमसे इवेंट में भारत का प्रतिनिधित्व करेगी।**
- **http://khelpath.com/details.php?title=18843**

NEWS VETERANS CLUB OF ODISHA (VCO)



ଭେଟେରାନ୍ସ କ୍ଲବ ଓଡ଼ିଶାର 'ଯୁଦ୍ଧ ବଳୟ ବାହାରେ'

ଯୁଦ୍ଧଭୂମିର ଅନୁଭୂତି ବଖାଣିଲେ



ଭୁବନେଶ୍ୱର,୨୭।୧୧(ବ୍ୟୁରୋ): ସଭାଗୃହରେ ଯୁଦ୍ଧଭୂମିର ପ୍ରତ୍ୟେକ୍ଷ ଅନୁଭୂତି। ଯୁଦ୍ଧକ୍ଷେତ୍ରର ସ୍ଥିତି, ଗମ୍ଭୀରତା ଓ ସୈନ୍ୟଙ୍କ ଦେଶପ୍ରେମକୁ ଅନୁଭବ କଲେ ଓଡ଼ିଶା କୃଷି ଓ ବୈଷୟିକ ମହାବିଦ୍ୟାଳୟର ଛାତ୍ରଛାତ୍ରୀ। ଜାଣିଲେ ଯୁଦ୍ଧ ବଳୟ ବାହାରେ ସୈନିକଙ୍କ କଥା। ବ୍ୟକ୍ତିଗତ, ସାମାଜିକ ଓ ଚାକିରି ଜୀବନରେ ଘଟିଥିବା ଅନେକ ଅଭୁଲା ମୁହୂର୍ତ୍ତକୁ ସିଧାସଳଖ ସେମାନଙ୍କ ମୁହଁରୁ ଶୁଣିଲେ। ଅବସର ଥିଲା ଭେଟେରାନ୍ସ କ୍ଲବ୍ ଓଡ଼ିଶା ପକ୍ଷରୁ ଓୟୁଏଟି ସ୍ୱାମୀନାଥନ ହଲ୍‌ଠାରେ ଆୟୋଜିତ କାର୍ଯ୍ୟକ୍ରମ 'ଯୁଦ୍ଧ ବଳୟ ବାହାରେ'। ମଙ୍ଗଳବାର ଆୟୋଜିତ ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ସେବାନିବୃତ୍ତ ସୈନିକମାନେ ଯୁଦ୍ଧ ବାହାରେ ଘଟିଯାଇଥିବା ଏଭଳି କିଛି ଘଟଣା ଉପସ୍ଥାପନ କରିଥିଲେ।

କାର୍ଯ୍ୟକ୍ରମକୁ ଓୟୁଏଟିର କୁଳପତି ପ୍ରଫେସର ପ୍ରଭାତ କୁମାର ରାଉଳ ଉଦ୍‌ଘାଟନ କରିଥିଲେ। ଭେଟେରାନ ବିଦ୍ୟାଧର ନାୟକ ସିଗ୍‌ନାଲ୍ ଇଞ୍ଜେଲିଜେନ୍ସ କିପରି କୌଣସି ରାଷ୍ଟ୍ରର ଯୁଦ୍ଧ ବିଜୟକୁ ସୁନିଶ୍ଚିତ କରାଇଥାଏ କହିଥିଲେ। ସଞ୍ଜୟ କୁମାର ରାଉତ ମୁତଘୋଷିତ ଜଣେ ସୈନିକଙ୍କ ଜୀବନ ଜିଭିଳି ମେଡିକାଲ ସେବାରେ ଫେରାଇ ଆଣି ହୋଇଥିବା ବର୍ଣ୍ଣନା କରିଥିଲେ। ଗୋପୀନାଥ ମିଶ୍ର ଜିଭଳି ଅବିଭକ୍ତ ରଷ୍ଟିଆରୁ ଭାରତକୁ ଜଳପଥରେ ବୁଡାଜାହାଜ ମାଧ୍ୟମରେ ଆସିବାବେଳେ ଜର୍ମାନୀ ଦ୍ୱାରା ବିଛାଯାଇଥିବା ସୋନବୟକୁ ବାହାର କରିବା ପାଇଁ ସମୁଦ୍ରକୁ ଲମ୍ଫ ମାରିଥିଲେ କହିଥିଲେ। ସେହିପରି ମୃତ୍ୟୁଞ୍ଜୟ ମହାପାତ୍ର, ସେନାପଦକ ପ୍ରାପ୍ତ ମେରାଇନ୍ କମାଣ୍ଡୋ ରବୀନ୍ଦ୍ର କୁମାର ସାହୁ, ବିଷ୍ଣୁପ୍ରସାଦ ଦାଶ, ଚିନ୍ତାମଣି ଦାସ, ଅନନ୍ତ ଚରଣ ଦାଶ, ପ୍ରମୋଦ କୁମାର ଧଳ, ବିଜୟ କୁମାର ରଥ ଏବଂ ଦୀନବନ୍ଧୁ ଷଡ଼ଙ୍ଗୀ ମଧ୍ୟ ନିଜ ନିଜ ଅନୁଭୂତି ବାଣ୍ଟିଥିଲେ। ନିତାଇଗୌର ଧଳ ମଞ୍ଚ ପରିଚାଳନା ସହ ସମ୍ବିଧାନ ଦିବସ ସମ୍ପର୍କରେ ବକ୍ତବ୍ୟ ରଖିଥିଲେ। ଡ. ବିଭୂ ପ୍ରସାଦ ସ୍ୱାଇଁ, ଡ. ଅଶୋକ କୁମାର ଲେଙ୍କା, ଭେଟେରାନ୍ ପ୍ରମୋଦ କୁମାର ଧଳ, ଇଂ.ମନୋଜ କୁମାର ଆଚାର୍ଯ୍ୟ, ସିନେ ଅଭିନେତା ତପି ମିଶ୍ର, ଯୁବ ଉଦ୍ୟୋଗୀ ଦେବବ୍ରତ ମହାନ୍ତି ଓ ଜ୍ୟୋତିରଞ୍ଜନ ଚୌଧୁରୀଙ୍କୁ ସମ୍ମାନିତ କରାଯାଇଥିଲା। ଅନୀଲ ଧୀର, ଆଜାଦ୍ ହିନ୍ ପାଣିଗ୍ରାହୀ ଏବଂ ଶ୍ରୀକାନ୍ତ ମିଶ୍ରଙ୍କ ସମେତ ବହୁ ବିଶିଷ୍ଟ ବ୍ୟକ୍ତି ଉପସ୍ଥିତ ଥିଲେ।

FELICITATION BY VETERANS CLUB OF ODISHA (VCO)





FELICITATION BY VETERANS CLUB OF ODISHA (VCO)









BEYOND BATTLEFIELD-2024

ORGANIZED BY VCO IN COLLABARATION WITH OUAT, BHUBANESWAR

Venue:- Dr. M.S Swaminathan Hall, OUAT

Date:- 26.11.2024
Time:-10.00 AM

AGENDA

10:10 AM	Arrival of Guests
10:20 AM	Arrival of the Chief Guest
10:30 AM	Lightening the lamp
10:35 AM	Group song by OUAT students - Vande Maataram
10:40 AM	Welcome address by the President VCO
10:48 AM	Address by Chief Guest Prof. Pravat Kumar Rout, Hon'ble Vice Chancellor OUAT
10:53 AM	PATRIOTIC SONG by Mr Srinivas Rao
11:00 AM	CONSTITUTION DAY by Vtn Nitaigaur Dhal (Founder & Trustee SIT)
	GROUP-I
11:05 AM	1st Speaker Vtn Bidyadhar Nayak Ex Navy, President VCO - SIGINT
11:13 AM	2nd Speaker Vtn Sanjay Kumar Raut, Ex Navy Manager UCO Bank - NEW LIFE
11:21 AM	3rd Speaker Vtn Manoj Kumar Senapati, OAS, Dy Collector Khurdha - SERVICE EXIGENCY
11:29 AM	PATRITIC SONG by A Child Prodigy - E Mere Watan Ke Logon
	GROUP-II
11:35 AM	4th Speaker Vtn Gopinath Mishra, VP, VCO (A Submariner) - USSR TO INDIA by Submarine
11:43 AM	5th Speaker Vtn Mrutyunjaya Mohapatra, OAS, Land Officer, OUAT - LOGISTICS MANAGEMENT IN CRISIS
11:51 AM	6th Speaker Vtn Rabindra Kumar Sahu, SM (MARCOS), Patron VCO - DEATH Fear/Challenge)
12:10 PM	PATRIOTIC SONG by Mr Srinivas Rao
	GROUP-III
12:15 PM	7th Speaker Vtn Bishnu Prasad Dash, Mgr RBI (Submariner) - MISSION EXTENDED
12:23 PM	8th Speaker Vtn Rashmiranjan Dash, OAS, Asst Collector, Bhubaneswar- ZERO TO HERO
12:31 PM	9th Speaker Vtn Antaryami Dash, (Submariner) IOR - ELUDING ENEMY
12:41 PM	PATRIOTIC SONG by OUAT Students
	GROUP-IV
12:49 PM	10th Speaker Vtn Pramod Dhal (Wild Life Photographer, Writer & Columunist - ENGLISH
12:55 PM	11th Speaker Vtn Bijay Kumar Rath - PASSIVE AIR DEFENCE
13:[illegible] PM	Felicitation to Dr. Bibhu Prasad Swain, Dr Ashok Kumar Lenka, Mr Pramod Dhal, ER.Manoj Acharya Mr Saroj Mishra, Mr Debabrata Mohanty & Jyotiranjan Choudhury
13:15 PM	Vote of Thanks By Mr Nityeegaur Dhal /Mr Manoj Senapati
13:20 PM	proceed for Lunch
	Anchoring By : Vtn Nitaigaur Dhal (Founder & Trustee SIT)

FELICITATION



FELICITATION BY VETERANS CLUB OF ODISHA (VCO)



FELICITATION FOR WORLD CHAMPIONSHIP BY VETERANS CLUB OF ODISHA

Proud to be felicitated by Veterans Club of Odisha for my maiden triumph to participate at World Taekwondo Poomsae Championship under 60 age pair category representing India at Hong Kong. The program was Beyond Battle Field at Swaminathan Hall, OUAT with Chief Guest as Chancellor of OUAT, Veterans of Tri-services, Corporates, IAS, IPS, administrators, scholars and students of OUAT. I was happy as my friend a Air Veteran Dr Bidya Bhusan Mohanty and Veteran Rudra Acharya joined the function. I am proud to be VCO a unique platform for Veterans of Tri-services headed by Mr Bidya Dhar Nayak. This program was a huge success and real appeal on Constitution Day of India heard some unheard, nerve chilling real life stories of Veterans while serving the Nation. Especially the Mariners including the President Veteran Bidya Dhar Nayak which was really praiseworthy. He should have been awarded by his action in the Navy. Though I am member of VCO but 1st Time experience sharing the stage was unique, precise and on time execution. All office bearers and members are really put up a great show to prove the Subject of the Day that they are really Beyond Battle Field. I sincerely thank to my Veterans Friends of Odisha who supported me in endeavor mentally and financially also specially Veteran Dr Bidya Bhusan Mohanty, VP, Veteran Rudra Acharya, AGM Airport Authority, Veteran KC Nandi, Veteran Subhash Barik. All Es 28 friends Thank you President VCO , thank you so much for your gesture for me. This will go a long way to play for Nation and proud my mother land.

BEST WISHES FROM
PRESIDENT, VETERAN CLUB OF ODISHA, IESL, VETERANS INDIA ODISHA
SHRI BIDYA DHAR NAYAK



VCO

Bidyadhar, Dinabandhu, Es28, Esm Dixit, VCO Bibhu, Vi, ~Manoj, ~PRATAP, ~Ranjan, +91



Dear Veteran Ashok Kumar Lenka, we all the members of VCO wish you a happy journey to Hongkong to participate in the **WORLD CHAMPIONSHIP OF TAEKWONDO** under 60 years category. The day (26th Nov 24) you are leaving India for the participation. We all are proud of you & we all pray Lord Jagannath to give you a victory for your years long effort . On the same day VCO is conducting a patriotic event in OUAT named **"BEYOD BATTLEFIELD"**. Your name will be announced in the hall & we will beg blessings for you. 🙏

Posts

Bidyadhar Nayak

I wish you a great victory in the world taekwondo championship is going to be held in Bangkok . I am proud of you that from Bhadrakh District of Odisha you are representing my country under the category of below 60 years. I am more proud that you are an Airforce Veteran & esteemed member of Veterans Club Odisha as well as Veterans India (Odisha Chapter)

1m Like Reply 1

DrAshok Kumar Lenka
Bidyadhar Nayak



Replying to **Bidyadhar Nayak** · Cancel

BEST WISHES FROM AFA AVADI



VICE PRESIDENT & SECRETARY

AIR FORCE ASSOCIATION, AVADI CHAPTER

BEST WISHES BY RITUAL, PUJA AT ACADEMY





MY FAMILY MY INSPIRATION
SANJIBANEE, KALINGA & ARYAN

MY FAMILY

DR ASHOK K LENKA

SANJIBANEE SUDHA LENKA

KALINGA KUMAR LENKA

ARYAN KUMAR LENKA



BEST WISHES FROM
HAWRANG ACADEMY , IAF AVADI







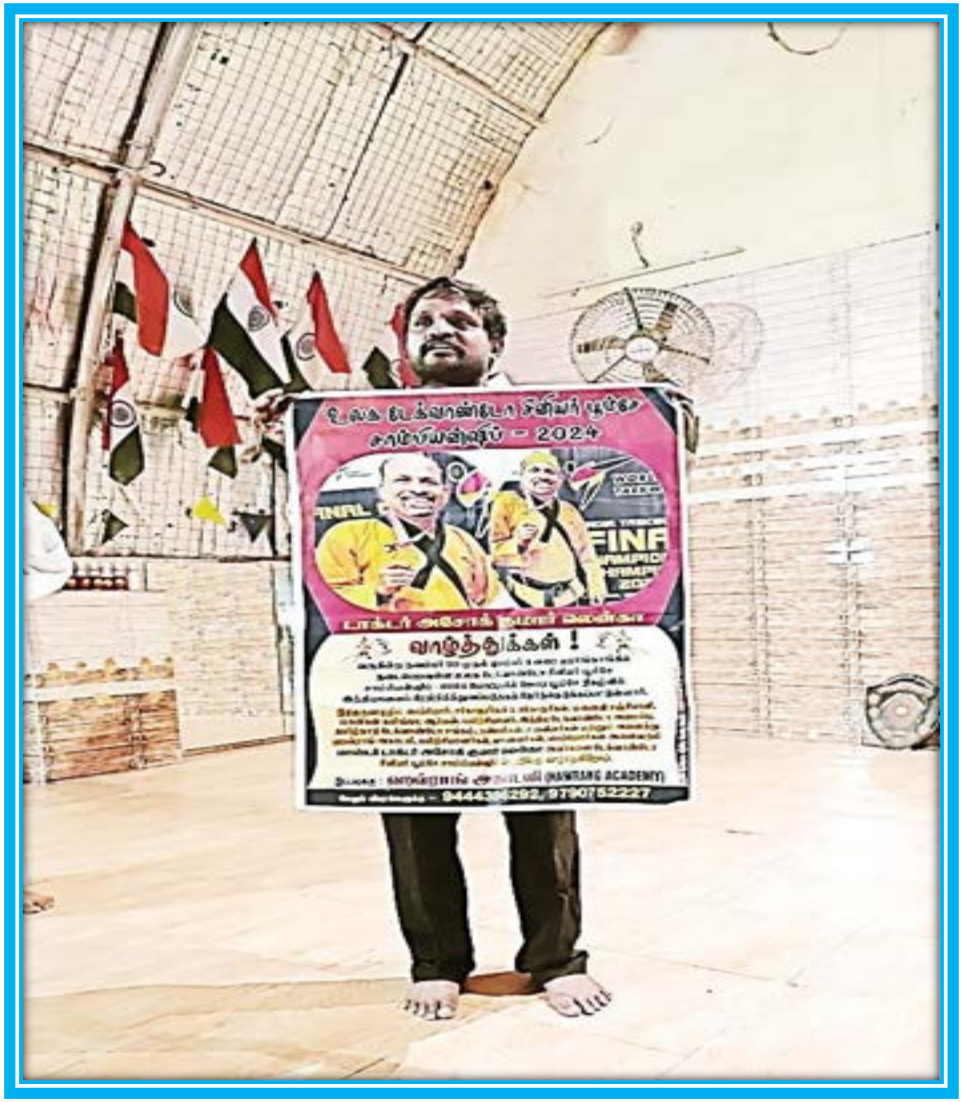




BEST WISHES FROM
HAWRANG ACADEMY FAMILY



HONG KONG WORLD TAEKWONDO POOMSAE CHAMPIONSHIP POSTER RELEASED BY HAWRANGS





TAKING BLESSINGS FROM FAMILY AT ODISHA



BEFORE LEAVING FOR HONG KONG WORLD TAEKWONDO POOMSAE CHAMPIONSHIP TAKING BLESSINGS FROM MOTHER & FATHER AT BHADRAK ODISHA











HONG KONG WORLD TAEKWONDO POOMSAE CHAMPIONSHIP IN THE LAPS OF MY MOTHER AT BHADRAK ODISHA BEFORE LEAVING









HONG KONG WORLD TAEKWONDO POOMSAE CHAMPIONSHIP
TAKING BLESSINGS FROM MOTHER AT BHADRAK ODISHA







HEARTFELT GRATITUDE TO MY MAJOR SPONSORS FOR WORLD TAEKWONDO CHAMPIONSHIP AT HONG KONG



MRS/ MR BIDYA & JYOTI MOHANTY

FRIEND



MR. SUVENDU, FOUNDER

JAGRUTI FOUNDATION

Heartfelt Gratitude to My Ex-servicemen Sponsors for World Taekwondo Championship at Hong Kong



Mrs/Mr Rudra Acharya



Mrs/Mr Subhash Chadra Barik



Mrs/Mr Krishan Chandra Nandi

Heartfelt Gratitude to My Hawrang Academy Parents & Students Sponsors for World Taekwondo Championship at Hong Kong



Aakash Parents



Lokapradip Parents



Tanushri & Harshini Parents



Mrs/Mr Ravikanth



Prabesh & Dhiya Parents

Heartfelt Gratitude to My Hawrang Academy Parents & Students Sponsors for World Taekwondo Championship at Hong Kong



Lincy Teena Parents

Shakshini Parents

Mridula Parents

Heinshith & Nishith Parents

N Abishak Parents

Harshada Parents

Dhanshika Parents

Parthu & Hasvitha Parents

Ms/Mr Krishnamoorthy

Ms/Mr Pankaj Pawar

Udit Yadav Parents

SPONSORSHIP FOR WORLD CHAMPIONSHIP-2024

REQUEST FOR SPONSORSHIP OF FULL OR PARTIAL AMOUNT TO REPRESENT COUNTRY AT HONG KONG WORLD CHAMPIONSHIP-2024. TARGET – 3LAC- 30 Nov to 4 Dec 2024

I'm Ex-Servicemen, Name- Dr Ashok Kumar Lenka (Age: 56) , Sports- Taekwondo , Birth Place- Bhadrak, Odisha,
Settled Registered Work Place last 15 Years- Chennai, Tamilnadu

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13. HAWRANG ACADEMY CURRENT ACCOUNT SCANNER ATTACHED





THANK YOU

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