

BRIEF HISTORY OF WORLD & INDIAN GYMNASTICS



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Results compilation of all National Championships since 1952**

FATHER OF GYMNASTICS

Friedrich Ludwig Jahn was the creator of Gymnastics, he was born on 11th August 1778 and passed away on 15th October, 1852. Although Friedrich Ludwig created Gymnastics, it originally started in Ancient Greece and it has been around for 2000 years. It became a sport in 1896 and women weren't allowed to participate until 1928.

German educator Friedrich Ludwig Jahn (1778-1852) was born on this day

Father of Gymnastics

Believed that **physical education** was the key to a strong character and national health

Invented the horizontal and parallel bars, horse, rings and balance beams

Opened the first gymnastics club in Berlin in 1811



In 1813 joined the army, was awarded the **Iron Cross for bravery** in 1840

In 1848 was elected to the German national parliament



VARIOUS BRANCHES OF GYMNASTICS:

- **Men's Artistic Gymnastics** – the oldest form of gymnastics, and competing in the six events i.e., Floor Exercise, Pommel Horse, Rings, Vault, Parallel Bar & H. Bar, call for a set of core skills and techniques.
- **Women's Artistic Gymnastics** - the oldest form of gymnastics, and competing in the four events i.e., Vault, Uneven Bars, Beam and Floor Exercise, call for a set of core skills and techniques.
- **Aerobic Gymnastics** - A form of physical exercise that combines rhythmic aerobic exercises with stretching and strength training routines with the goal of improving all elements of fitness.
- **Rhythmic Gymnastics** – A routine done by women using a rope, hoop, ball, clubs or ribbon with music.
- **Acrobatic Gymnastics** – A performance that involve great strength and balance, where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, dance and tumbling with music.
- **Trampoline Gymnastics**– A springboard that flings a person up in the air where gymnasts perform acrobatics while bouncing on a trampoline.

□ BRIEF HISTORY OF INDIAN GYMNASTICS:

The **Gymnastics Federation of India** (GFI) pioneer of Gymnastics in India came in existence on 17th February 1951 with the main aims to encourage, promote, control, and popularize the competitive Gymnastics in the Union of India and had its first meeting at National Sports Club Worli Mumbai. **Mr. P N Mathur** and **Mr. Rameshwar Dayal** were the First founder President and Secretary of Gymnastics Federation of India (GFI) who worked hard to raise the standard of this mother sports in the country and remained till 1956. Thereafter **Mr. Rameshwar Dayal** elected as President in 1956 and continued till 1976. GFI conducted First Sr. National Artistic Gymnastics Championship for Men at Madras in 1952. 12 state units were affiliated in the beginning and presently 28 state units are with Gymnastics Federation of India.



FIRST INTERNATIONAL PARTICIPATION / MEDAL WINNERS OF INDIAN GYMNASTS SINCE FORMATION OF GYMNASTICS FEDERATION OF INDIA

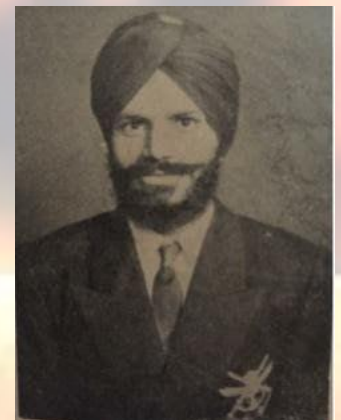
1) **Khushi Ram** and **Vir Singh** participated First time in **15th Olympic Games at Helsinki in 1952**. First Time both the gymnasts were declared All-around Individual Champion in the **1st Sr. National Artistic Gymnastics Championship (Men)** held at Madras in 1952.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Arjun Award

2) **Sham Lal Khullar** participated First time in **6th World Festival for Youth and Student at Moscow in 1957**. He is the First **Arjun Award** winner in Gymnastics which was instituted in 1961 by Government of India. He along with **Anant Ram** and **Pritam Singh** represented India in **16th Olympic Games at Melbourne in 1956**.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Tashkent Meet

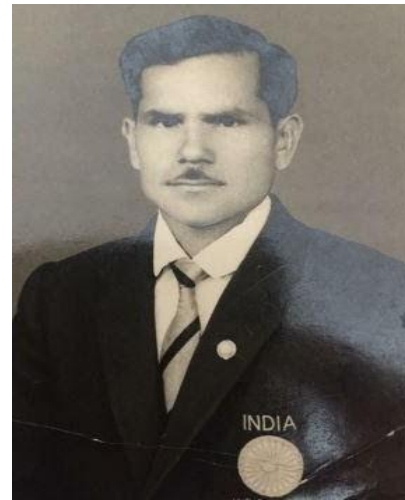
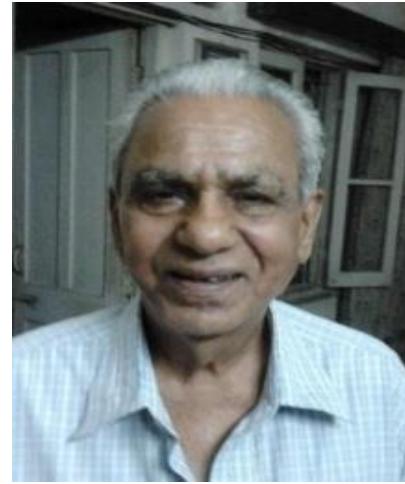
3) Indian Gymnastics team consists of Dalip Singh, Tarlok Singh, Anant Ram, Debashish Mondal, Bhikaji Bhonsle, Satya Narayan, Sarbir Singh, Ram Dutt, Ranjit Singh, Kripal Singh, Bachan Singh and Sarwan Singh as Coach participated First time in Tashkent (USSR) in 1962.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Tashkent Meet

4) **Bhikaji Bhonsle** won gold medal in Floor Exercises and **Debashish Mondal** won gold medal in Table Vault in Tashkent. **Underlined** Gymnasts also participated in **18th Olympic Games at Tokyo in 1964**. **Kripal Singh, Bachan Singh** are not in photographs.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Olympic Games:

5) First time full Indian Contingent of six gymnasts consist of **Anant Ram, Tarlok Singh, Bhikaji Bhonsle, Debashish Mondal, Yashwant More and Vithal Karande** participated in **18th Olympic Games at Tokyo, Japan in 1964.**



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

World Championship:

6) Daljit Inder Singh, Manjit Singh Panther and Vithal Karande represented India First time in XVII World Championship at Ljublijana, Yugoslavia in 1970. Vithal Karande also participated in 18th Olympic Games at Tokyo in 1964.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Youth Championship :

7) Daljit Inder Singh (Captain), Inderjit Singh, Nirbhaya Singh, Mantu Debnath, Nemai Kanji, Manjit Singh Gill, Madhu Sudhan Saha, and Pratap Chand Rana in Boys participated First time in 1st Asian Youth Gymnastics Championship in Tokyo in 1971.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Youth Championship :

8) **Vijay Laxmi Azad, Manju Lata, Lopamudra Ghosh, Prabhjot Kaur, Kumdesh Khosla, Arti Das, Neelima Gaul and Ambalika Majumdar** in girls participated in **1st Asian Youth Gymnastics Championship in Tokyo in 1971.** Indian team was at fourth place in both sections.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Games:

9) First time **B. S. Nandi** represented India in the **VIII Asian Games at Bangkok in 1978**. Government of India conferred country's most prestigious **Dronacharya Award** to him in 2016 for the Dipa's miracle in the Rio Olympics and India's recognition in the World Gymnastics. **First Dronacharya Award in Gymnastics** was conferred to Mr. D. K. Rathore in 2011.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Commonwealth Games:

10) Manjit Singh Panther, B. S. Nandi, N. B. Bhosle and Nemai Kanji participated First time in 11th Commonwealth Games at Edmonton Canada in 1978. B. S. Nandi is a Dronacharya Awardee 2016.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Games:

11) Full Indian Gymnastics contingent i. e. **Bijin Saha, D. D. Chaudhary, B. S. Nandi, Sadhu Singh Saini, Balram Shil, Shambhu Nath Saha, Kewal Krishan and Sharanjit Singh** in Men participated First time in **IX Asian Games at New Delhi in 1982**. Team was at 5th place.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Games:

12) Shikha Barua, Sanjivini Karandikar, Jay Shree Bapat, Anju Rani Dey, Mukta Bhide, Sunita Sharma, Savita Marathe, and Jyotsna Das in Women participated in **IX Asian Games at New Delhi in 1982**. Team was at **7th Place**



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Junior Asian Championship:

13) **Balbir Singh, Ajit Jarande, Kuldip YG, Ashok B, Ashutosh Potnis, Sham Singh** in boys participated First time in **V Junior Asian Artistic & Rhythmic Gymnastics Championship** held at New Delhi in 1992.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Junior Asian Championship:

14) Pampa Ghosh, Neeru Jabalia, Parveen Shori, Kaberi Saha, Samana Das and Jaswant Kaur in girls participated First Time in V Junior Asian Artistic and Rhythmic Gymnastics Championship held at New Delhi in 1992.



Tulit Peter Cup:

15) First time Vikas Pandey, Prashant Singh, Vishal Desh Pande participated in 19th Tulit Peter Cup in Hungary in 1993.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

World Youth Games:

16) First time Abhinav Dixit, Mayank Srivastava, Vikas Pandey and Abhishek Dixit in men while Tumpa Debnath, Anuradha Bhide, Amandeep Kaur and Subhra Sarkar, in girls participated in 1st World Youth Games at Moscow in 1998.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

World School Games:



17) First time **Krishna, Manvendra Bhoir, and Pawan Bhoir** in Men's Artistic Gymnastics, **Sharvari Kulkarni** in Women Artistic Gymnastics while **Saloni Bookseller** in Rhythmic Gymnastics participated in **11th World School Games at Shanghai, China in 1998.**

INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Children of Asia:



18) First time Rohit Jaiswal, Uday Bhaskar, Sanjay Chaudhary in boys and Rohika, Navanita Bhowmick and Meenakshi in girls participated in **2nd Children of Asia International Tournament at Russia in 2000.**

Commonwealth Games:

19) First time 5 Gymnasts from Uttar Pradesh only i. e. **Vikas Pandey, Mayank Srivastava, Rohit Yadav, Mohit Yadav and Abhinav Dixit** participated in **XVII Commonwealth Games at Manchester UK in 2002** which was the Glorious Moments for UP as well as for Gymnastics Federation of India.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Championship, Commonwealth Youth Games

20) First Time **Rohit Jaiswal** won the Silver medal on Horizontal Bar in **2nd Sr. & 8th Junior Asian Gymnastics Championship at Guangzhou China in 2003** and also won Bronze medal in Horizontal Bar in **2nd Commonwealth Youth Games at Bendigo Australia in 2004**. He participated in **9th Junior Asian Gymnastics Championship at Doha Qatar in 2005 & XV Asian Games at Doha Qatar in 2006, XVIII & XIX Commonwealth Games at Melbourne in 2006 & New Delhi in 2010** and **FIG World Cups at Ghent Belgium & Paris in 2010**. He is Bestowed with UP Government's **Laxman Award**. He was the coach of Indian team in Youth Olympic Games at China in 2014.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

World Cup:

21) Raja Roy, Deepesh Sahu, Abhay Mishra, BN Shiva Kumar, Raj Shekhar Reddy and Kapil Kaushik participated First time in 37th World Cup at Tehran (Iran) in 2006.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Commonwealth Games

22) First time Ashish Kumar won bronze medal in Floor Exercises in 3rd Senior Asian Artistic & Rhythmic Gymnastics Championship at Surat India in 2006 and also won Bronze medal in Floor Exercises and Silver medal on Table Vault in XIX Commonwealth Games at New Delhi in 2010.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

Asian Games & Arjun Award

23) First time Ashish Kumar won Bronze medal in Floor Exercises in XVI Asian Games at Guangzhou China in 2010 and also participated in Jr. & Sr. Asian Championships, World Cups and World Championships in different years. He was conferred India's Best Sportsperson's "Arjuna Award" in 2011.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS

OLYMPIC GAMES:

24) Dipa Karmakar First time won Bronze medal on Table Vault in XX Commonwealth Games at Glasgow Scotland in 2014 and also won Bronze medal in Table Vault in 6th Senior Asian Gymnastics Championship at Hiroshima Japan in 2015. Golden Girl Dipa Karmakar also participated in Test Event for Rio Olympic at Rio in 2016 and won the gold medal on Table Vault in Test Event and became the First Women to qualify for the Rio Olympics after 52 years and created history to qualify on Table Vault in Olympic Games and ranked 4th in Rio Olympics in 2016 which was a golden script in the history of Indian Gymnastics.



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS

OLYMPIC GAMES:

25) Dipa Karmakar won the First Gold Medal on Table Vault in FIG Challenge Cup at Mersin Turkey in 2018 and also won Bronze medal on Table Vault in FIG World Cup at Cottbus Germany in 2018. Ace Gymnast of Tripura Dipa Karmakar was bestowed with the India's Prestigious Arjun Award in 2015, Rajiv Gandhi Khel Ratna Award in 2016, and Padma Shri Award in 2017. NIIT Agartala conferred with a rare honour of D. Litt. Degree on 11th November 2017. FIG declared Dipa Karmakar a **WORLD CLASS** Gymnast .



World Cup:

26) **B. Aruna Reddy** won the First Ever Bronze medal on Table Vault in **FIG World Cup** at Melbourne, Australia in 2018. She is the First women from Telangana to win the Bronze medal in Table Vault. She has also participated in **World Championships, World Cups, Commonwealth Games, Asian Championships, and Asian Games** etc.



Asia Cup:

27) UP Gymnast **Md. Rafey** represented India in the **1st Junior Asian Artistic Gymnastics Cup** at **Ulaanbaatar Mongolia in 2019** and won **Bronze medal in Floor Exercises** in his **First debut in Asia Cup 2019.**



INTERNATIONAL PARTICIPATION OF INDIAN GYMNASTS:

World Championships:

28) First time **Pranati Nayak** won Bronze medal on Table Vault in 8th Senior Asian Artistic Gymnastics Championship at Ulaanbaatar, Mongolia in 2019. She is the First women from West Bengal to win the Bronze medal in Table Vault in any International Competition. **Pranati Nayak** has also participated in World Championships, World Cups, Commonwealth Games, Asian Championships, and Asian Games etc.



Special Thanks to:

Mr. Kan Singh Rathore Former General Secretary, GFI 2001-2011, Mr. Parmeshwar Prajapat, Mr. Dilip Das, Mr. Nirbhaya Singh, Mr. Manjit Singh Panther, Mr. Ajay Sethi, Late Sukhdev Singh, Ms. Neetu Bala, Ms. Sanjivini Chivate and Ms. Kakoli Sarkar for their valuable inputs and providing the Rare of Rarest photographs of these Legendary Gymnasts of the Country. The photos of Mr. P. N. Mathur First President GFI, Mr. Kripal Singh and Mr. Bachan Singh are not posted whenever these photographs available will be posted.



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