

ACHIEVEMENTS OF PUNJAB POLICE GYMNASTIC TEAM

The word gymnastics has its origin in the Greek *gumnazein* which means "to train naked". This most graceful and artistic sport needs a combination of strength, dexterity and artistry.

Gymnastics was well known to the Greek and activities like rope climbing were part of the ancient Olympics. With the rise of the Roman Empire the Greek method of physical culture spread. The sport declined for nearly 1,500 years and it was revived by men like Guts, Muthsan and Ling. However, most of the correct competitive exercises may be attributed to the German, Friedrich Ludwig Jahn. Though modern gymnastics was developed in Germany, the most successful countries in this discipline have been Russia, Czechoslovakia and Japan. In 1881 the International Gymnastic Federation was formed and the first championship was held in 1903 at Antwerp.

ACHIEVEMENTS

| Name and Rank | Address | Achievements |
|--|---|--|
| L/Inspector Jaswant Kaur No. 515/GSP | Abul Khair Patti Sainpur, Post Office- Gurdaspur, District- Gurdaspur | <u>Central South Asia Championship</u> 1.1999- Patiala (3rd in Vaulting Horse) <u>SARAC International Championship</u> 1. 1998-Allahabad (1st in Vaulting Horse) <u>Federation Cup</u> 1. 1994-Nalagarh (1st in Vaulting Horse) (2nd in Uneven Bar) (2nd in Bal acing Beam) (1st in Floor Exercise) (Declared all round 2nd best Women Gymnast) 2. 1995-Hyderabad (1st in Vaulting Horse) (Declared all round best Women Gymnast) |
| Sub. Inspector Rajinder Parshad No. 36/102/PAP | PWD, Rest House Court Road, Post Office- Court Road, District-Amritsar | <u>SARAC International Championship</u> 1. 1998-Allahabad (All round best 3rd Gymnast) <u>Federation Cup</u> 1. 1994-Nalagarh (3rd in Pommelled Horse) (3rd in Floor Exercise) (Declared 3rd all round best Gymnast) 2. 1999-Delhi (3rd in Floor Exercise) (3rd in Roman Rings) (All round 3rd best Gymnast) 3. 2000-Ujjain (3rd in Floor Exercise) (2nd in Pommel Horse) (7th in rings) |

2000

FEDERATION CUP-UJJAIN FROM 26th to 28th May

Individual All Round Champion

1.HC.Kuldeep Kumar 5th
2.SI.Rajinder Prashed 8th

APPs Championship

1.SI.Rajinder Prashed 3rd in Floor Exercise
 2nd in Pommel Horse
 7th in Rings
 Jt.Ist in Horizontal Bar

2.HC.Kuldep Kumar Jt.Ist in Horizontal Bar
 3rd in Rings

Team Position 3rd

31TH NATIONAL GAMES PUNJAB FROM 19TH NOV. TO IST DEC.

1.SI.Rajinder Prashad Participation
2.HC.Kuldip Kumar 2nd in Roman Rings
3.HC.Ravinder Kumar Participation
4.CT.Jaideep Sharma 3rd in Horizontal Bar
5.CT.Paramjit Singh Participation
6.CT.Latish Kumar Participation

Team Secured 2nd Postion

2002

42TH SENIOR NATIONAL CHAMPIONSHIP-HYDERABAD FROM 21TH TO 25TH MARCH

1.HC.Kuldip Kumar Participation
2.HC.Ravinder Kumar Participation
3.C-II Lalit Kumar Participation
4.C-II Paramjit Singh 3rd in Roman Ring
 3rd in Pommelled Horse
5.C-II Jaideep Singh 3rd in Horizontal Bar
6.CT.Naresh Kumar Participation
7.CT-Gurbax Singh Participation
8.HC.Sukhmander Singh Team Coach

2nd Position

51TH ALL INDIA POLICE GAMES-BHIWANI(HARYANA) 7TH TO 10TH NOV-2002.

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|---------------------|-----------------------|
| 1.HC.Kuldip Kumar | Ist in Horizontal Bar |
| 2.CT.Gaurav Sharma | Ist in Roman Rings |
| 3.HC.Jaideep Sharma | 2nd in Vaulting Table |
| 4.C-II Lalit Kumar | 3rd in Roman Rings |
| 5.HC.Paramjit Singh | 3rd in Pommel Horse |

Team Position 2nd

32TH NATIONAL GAMES HYDERABAD FROM 12TH TO 22TH DEC.-2002

- 1.HC.Kuldip Kumar
- 2.HC.Jaideep Sharma
- 3.HC.Paramjit Singh
- 4.C-II Latish Kumar 3rd in Roman Rings
- 5.CT.Gurbax Singh
- 6.CT.Sandeep Singh
- 7.CT.Gaurav Sharma Ist In Roman Rings
- 8.HC.Sukhminder Singh (Coach)

Team 2nd Position

2003

43RD SENIOR NATIONAL GYMNASTIC CHAMPIONSHIP-CALCUTTA FROM 22TH TO 26TH JAN.2003

- 1.HC.Kuldip Kumar
- 2.HC.Jaideep Sharma
- 3.HC.Paramjit Singh
- 4.HC.Gaurav Sharma 3rd in Roman Rings
- 5.C-II gurbax Singh
- 6.C-II Sandeep Singh
- 7.CT.Bhupinder Kumar
- 8.HC.Sukhmander Singh Coach

Team 3rd Position

44TH SENIOR NATIONAL GYMNASTIC CHAMPIONSHIP-CHANDIGARH FROM 27TH TO 31ST DEC.2003

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|---------------------|-------------------------|
| 1.HC.Gourav Sharma | 1st in Roman Rings |
| 2.C-II.Lalit Kumar | 2nd in Roman Rings |
| 3.L/HC.Rajni Sharma | 1st in All Around Best. |

2004

ALL INDIA POLICE GAMES HELD AT BHOPAL FROM 12.03.04
TO 16.03.04.

1.HC.Kuldeep Kumar 2nd in Pommelled Horse
2.HC.Gourav Sharma Ist in Roman Rings
3.HC.Jaideep Sharma 3rd in Horizontal Bar
4.C-I Lalit Kumar 2nd in Roman Rings
5.C-II Gurbax Singh 2nd in Vaulting Table

6.CT.Amanjivenjot Singh Participation
7.CT.Gourav Kumar Participation
8.HC.Paramjit Singh Participation
9.CT.Akashdeep Singh Participation
10.CT.Satish Ram Dass Participation

Team Secured 2nd Position

ALL INDIA POLICE GAMES HELD AT JALANDHAR FROM 5.10.04 TO
TO 09.10.04.

1.C-II.Paramjit Singh Ist in Pommelled Horse
 All Round Ist Position

2.HC.Lalit Kumar Ist in Roman Ring
 All Round 3rd Position

3.C-II.Jaideep Ist in Floor Exercise
4.C-II.Kuldeep Kumar Ist in Horizontal Bar
5.C-II.Gaurav Sharma 2nd in Roman Ring
 All Round 2nd Position
6.C-II.Gurbax Singh 2nd in Vaulting Table
 3rd in Horizontal Bar
7.CT.Gaurav Kumar 3rd in Pommelled Horse
 3rd in Vaulting Table
8.C-II.Bhupinder Singh 3rd in Parallel Bar
9.CT.Amanjivanjot Participation
10.CT.Akashdeep Sharma Participation

Team Secured Ist Position

45TH SENIOR OPEN PUNJAB GYMNASTICS CHAMPIONSHIP
HELD AT JALANDHAR FROM 27.11.04 TO 28.11.04.

1.C-II.Jaideep Sharma 1st in Floor Exercise.
 3rd in Vaulting Table.
 3rd in Horizontal Bar.

2.CT.Satish Ram Dass 2nd in Floor Exercise.
 1st in Parallel Bars.

- 3.C-II.Bhupinder Kumar 1st in Vaulting Table.
- 4.CT.Gaurav Kumar 2nd in Vaulting Table.
- 5.CT.Amanjivan Jot 1st in Pommel Horse.
- 6.C-II.Gurbax Singh 2nd in Pommel Horse.
 2nd in Horizontal Bar.
- 7.CT.Kuldeep Kumar 3rd in Pommel Horse.
 1st in Horizontal Bar.
- 8.C-II.Paramjit Singh 3rd in Parallel Bars.
 3rd in Roman Rings.

- 10.C-II.Gourav Sharma 1st in Roman Rings.

TEAM POSITIONS

Punjab Police Won the overall Championship.

INDO-PAK PUNJAB GAMES HELD AT PATIALA FROM 05.12.04 TO
11.12.04.

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- 1. C-II.Paramjit Singh 1st in Parallel Bar.
 2nd in Roman Rings.
 All Round 1st.
- 2. C-II.Jaideep Sharma 3rd in Floor Exercise.
 3rd in Vaulting Table.
- 3. C-II.Gurbax Singh 1st in Horizontal Bar.
- 4. C-II.Gourav Sharma 1st in Roman Rings.
- 5. Ct. Amanjivanjot Singh 2nd in Pommelled Horse.
- 6. Ct. Akasdeep Singh 1st in Pommelled Horse.
 2nd in Floor Exercise.
- 7. Ct. Gourav Kumar 2nd in Horizontal Bar.
 3rd in Vaulting Table.
 All Round 2nd.

Team Secured 1st Position

GYMNASTIC

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2005

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45th Senior National Gymnastic Championship-Pune from 28-12-04
to 01.01.05

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1. C-II.Kuldeep Kumar
 2. C-II.Gaurav Sharma 2nd in Roman Ring.
 3. C-II.Jaideep Sharma
 4. C-II.Paramjit Singh
 5. CT.Akashdeep
 6. CT.Amanjivanjot Singh
 7. CT.Gaurav Kumar

Team Secured 4th Position

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GYMNASTICS

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54th All India Police Games-2005 held at New Delhi
from 19.12.2005 to 23.12.2005.

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1. HC.Paramjit Singh 2nd in Pommel Horse.
 3rd in Roman Ring.

2. HC.Gourav Sharma 2nd in Roman Ring
3. HC.Jaideep Sharma 3rd in Parallel Bars.
4. C-II.Gurbax Singh Participation
5. Ct.Gourav Kumar Participation
6. Ct.Satish Ramdass Participation
7. Ct.Akashdeep Singh Participation
8. Ct.Amanjivanjot Singh Participation
9. HC.Kuldeep Kumar Participation
10. HC.Lalit Kumar Participation
11. C-II.Naresh Kumar As a A/Coach
12. ASI.Sukhmander Singh As a Coach

Team Secured 2nd Position

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2006

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49th Senior National Gymnastics Championship held at Gurdaspur  
from 02.02.06 to 05.02.06.

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1. HC.Paramjit Singh           3rd in Roman Ring.  
                                          3rd in Parallel Bars.
  
2. HC.Kuldeep Kumar           Participation
3. HC.Jaideep Sharma           Participation
4. HC.Gourav Sharma           Participation
5. Ct.Akashdeep Singh        Participation
6. Ct.Gourav Kumar            Participation
7. Ct.Amanjivanjot Singh      Participation



Team Secured 1st Position with 499.70 Points.

Gymnastics

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33rd National Games held at Guwahati from
09.02.2007 to 18.02.2007.

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1. HC.Kuldeep Kumar
2. HC.Paramjit Singh
3. HC.Gaurav Sharma
4. HC.Jaideep Sharma
5. Ct.Akashdeep
6. Ct.Satish Ram Dass
7. Ct.Akashdeep Singh

Team Secured 4th Position

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Gymnastics

56th All India Police Games-2007 held at New Delhi
from 22.11.07 to 26.11.07

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|---------------------------|--------------------------|
| 1. Ct.Satish Ram Dass     | 3rd in Floor Exercises   |
| 2. HC.Parmajit Singh      | 2nd in Pommelled Horse   |
| 3. Ct.Akashdeep           | 1st in Roman Rings       |
| 4. HC.Jaideep Sharma      | 2nd in Vaulting Table    |
| 5. Ct.Akashdeep Singh     | 3rd in Parallel Bars     |
| 6. HC.Kuldeep Kumar       | 1st in Horizontal Bar    |
| 7. HC Gourav Sharma       | 2nd in Team Championship |
| 8. Ct. Amanjiwanjot Singh | 2nd in Team Championship |
| 9. SI.Sukhmander Singh    | Coach                    |
| 10. Ct.Naresh Kumar       | A/Coach                  |

Team Secured 2nd Position.