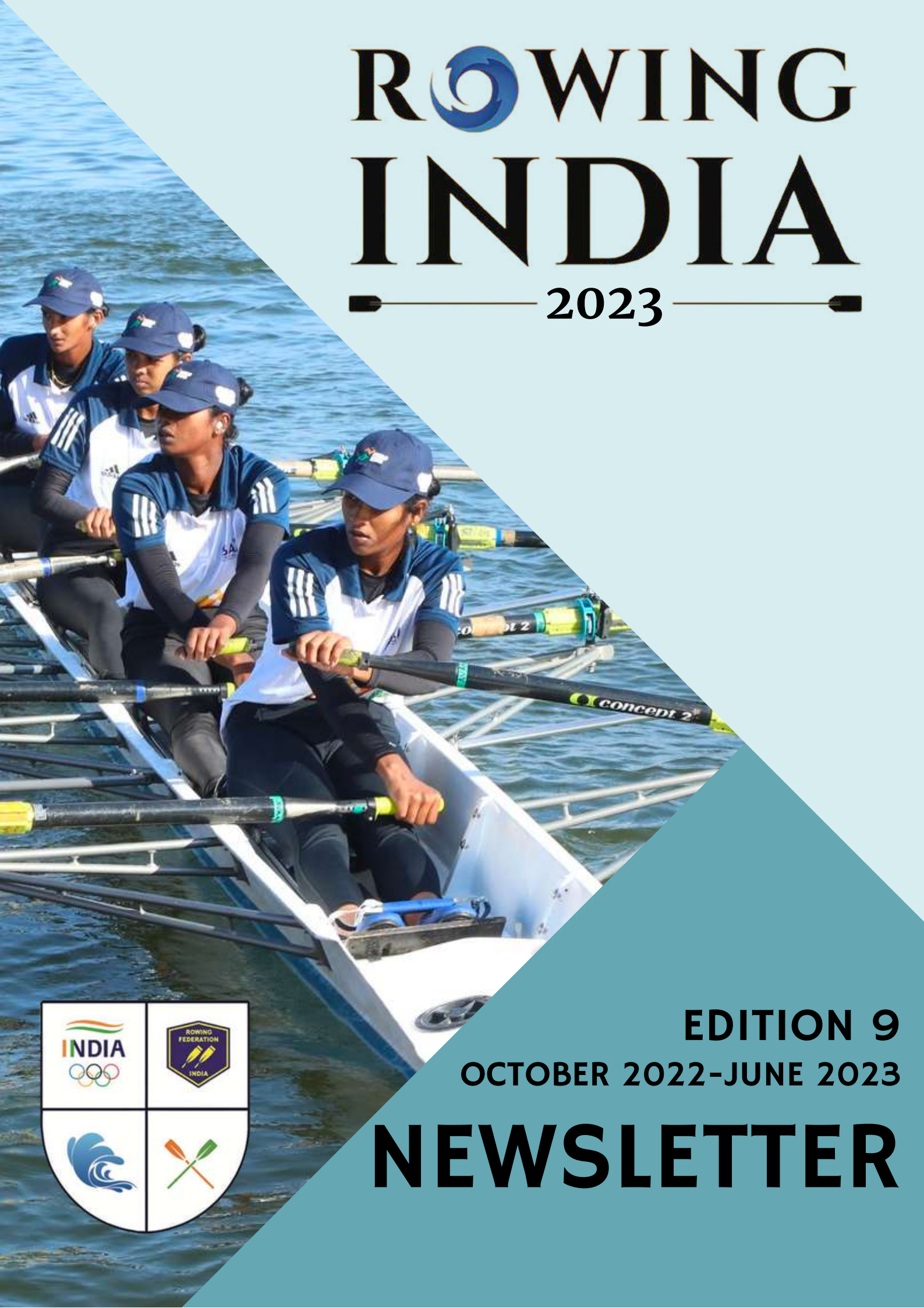


ROWING INDIA

— 2023 —



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NEWSLETTER

THE PRESIDENT'S MESSAGE

Dear friends in Rowing,

This newsletter covers a very busy and satisfactory period for Rowing in India. After the successful conduct of the Gujarat National Games in Ahmedabad, we have conducted and participated in the following rowing events in an exemplary manner.

To begin with, India participated in the Senior & Junior Asian Championships held at Ban Chang Rayong, Thailand from 27th November to 4th December 2022. The results were very heartening, with the Juniors winning 2 Golds and a Silver medal, much to the delight of the rowing fraternity. The Senior team also gave a stellar performance, winning 1 Gold, 2 Silver, and 1 Bronze:

This was followed by the Junior National Championship held in Hyderabad. The participation levels were encouraging, and the championship was conducted with great precision.

The Junior Nationals were followed by the Senior Nationals, where the Rowing Federation was honoured by the gracious presence of the Army Chief Gen Manoj Pande, PVSM, AVSM, VSM, ADC as the Chief Guest. The event was held at ARN, Pune, and I offer my grateful thanks to Gen Vinayak Saini, Brig Rajesh Bhatt, and Col Ramakrishnan for hosting the nationals in such a grand style.

The Khelo India National Games followed soon after in Bhopal, which once again proved that Bhopal remains a favourite destination for all our rowers. My congratulations to Mr Naren Kothari for conducting the regatta with perfection.

The final event held was the Khelo India University Games in Gorakhpur, once again ably hosted by the Competition Director, Mr Sudhir Sharma, on behalf of Khelo India.

Our teams have given very satisfactory performances at the World Cup 1 held in Zagreb, Croatia, and World Cup 3 in Lucerne, Switzerland, and we wish them well for the forthcoming 19th Asian Games to be held in Hangzhou, China, from 20th to 25th September 2023.

The coming six months are going to be extremely hectic, with nationals scheduled in all categories. We will start with the Indoor Nationals in August in Pune, followed by the Goa National Games in October, the Sub Junior Nationals in November, and the Junior & Sprint Nationals in Chandigarh. The Senior Nationals will take place in January next year. I hope to see many of you participating in large numbers and celebrating rowing in all its glory. I look forward to meeting you all and personally interacting with you during the upcoming events, as well as receiving inputs from you on how we can take our sport forward.

Warmest regards and best wishes for great rowing!

Mrs RAJLAXMI SINGH DEO,
PRESIDENT, ROWING FEDERATION OF INDIA



MILESTONES FOR INDIAN ROWING FRATERNITY

On December 10, 2022, Rowing Federation of India President Rajlaxmi Singh Deo was elected as the Vice President of the Indian Olympic Association (IOA). With over a decade of leadership in sports administration, Smt. Deo has attained many firsts in rowing under her stewardship, which includes a team Gold at the 2018 Asian Games and a top-12 finish at the Tokyo Olympics. Her deep understanding of the sporting landscape, coupled with her strong leadership skills, makes her a valuable asset to the IOA. Her appointment not only recognizes her remarkable achievements but also reflects the growing recognition of women's contributions to sports administration.

Throughout her career, Rajlaxmi Singh Deo has been a passionate advocate for gender equality in sports. She now plays a pivotal role in shaping the future of Indian sports. Her vision and dedication will undoubtedly contribute to the advancement of the Olympic movement in the country. Her appointment serves as an inspiration to aspiring athletes and administrators, showcasing that gender should never be a barrier to achieving success in the world of sports.



India's legendary rower turned coach Shri Bajrang Lal Thakar was elected as one of the 10 members of India's first-ever Athletes Commission of the Indian Olympic Association (IOA) on November 14, 2022. The Mission of the IOC Athletes' Commission is to ensure that the athletes' viewpoint remains at the heart of the Olympic Movement decisions. Shri Thakar won the country's first gold medal in rowing at the Asian Games during the Games in Guangzhou in 2010. Apart from that, he also won the silver medal in the 2006 Asian Games held in Doha. Thakar competed in the men's single sculls event at the 2006 Summer Olympics in Beijing. In the South Asian Games in the year 2006 also, Bajrang won gold medals in single and double sculls events.



ARMY CHIEF VISITS 40TH SENIOR NATIONAL ROWING CHAMPIONSHIP AT ARN, PUNE

It was red letter day for Indian Rowing when the Army Chief, Gen Manoj Pande, took time off from his busy schedule, to witness the National Rowing Championship at ARN, Pune on 20 Feb 2023.

President Rowing Federation of India (RFI) had personally invited the Gen to which he had graciously accepted.

The highly decorated Gen arrived at the Rowing Course amidst a fanfare of trumpets escorted by motorcycle-borne outriders.

He was received by the President of RFI, Mrs Rajlaxmi Singh Deo & Officiating Commandant of CME, Pune and was introduced to the past President of RFI, Col CP Singh Deo (Retd) and members of the Executive Council of RFI.

Though it was programmed that the Chief would witness races and give away a limited number of medals to the winners for 20 min, he insisted on seeing more races before giving away the medals and trophies, which acted as a great inspiration and motivation to the Rowers, most of which are from the Army.

The COAS, Gen Manoj Pande a Sapper is an alumnus of the CME where he would have undergone several courses and postings here. It was a homecoming for the General.

It was a proud moment for all trainees at the ARN when they got the opportunity to pose with the Army Chief, in a Group photograph.

The Gen expressed his happiness on seeing the standard of Rowing and the excellent facilities created in the State-of-the-Art, Olympic Rowing Course of the Army at Pune.



5TH NATIONAL INDOOR ROWING CHAMPIONSHIPS

The 5th National Indoor Rowing Championships were held in Chandigarh between 11th and 13th November 2022. The championships were staged at the Gymnasium Hall, JLN Sports Complex, Panjab University, Chandigarh. The grand competition saw rowers participating in 20 events across various categories. Over 450 rowers, coaches and managers, and officials participated in the well-organized Championships hosted by the Chandigarh Rowing Association (CRA). The Consul General of Canada in Chandigarh, Mr Patrick Hebert, was the chief guest at the tournament's opening ceremony.

In contrast, Mr Dharam Pal, IAS, Adviser to Administrator of the Union Territory of Chandigarh, bestowed us with his presence at the closing ceremony. India's chief coach Ismail Baig was the President of the Jury in the championships. Chandigarh claimed the gold medal in the lightweight open fours event. Punjab claimed the second position, while Maharashtra bagged the bronze medal. The Secretary of the Rowing Federation of India, MV Sriram, thanked the enthusiastic efforts of the CRA for organizing the tournament. Punjab topped the medal tally with 12 medals to its name.



MEN'S INDIVIDUAL 2000 METRES

The 21-year-old Pratik Gupta from West Bengal, who had already earned a name by clinching gold in Men's Single Sculls and Fours (Senior Category) at the West Bengal State Championship for four years on the trot, won the gold medal with a timing of 6:18.0 seconds. He beat the national champion Satnam Singh of Services.

MEN'S PAIRS 2000 METRES

Representing the Services, 25-year-old Gurpratap Singh and 24-year-old Salman Khan won the gold medal, achieving a time of 6:21.5. They were exceptional in their feat, attaining the lead over the runners-up by 9 seconds.



LIGHTWEIGHT MEN'S INDIVIDUAL 2000 METRES

In the Light Men's Individual category, Services held their flags high when Babu Lal Yadav clinched the gold medal with a time of 6:27.8 meters. He won the fiercely competitive race against runners-up of the National Sports Control Board, Manjinder Singh, who clocked 6:30.1 seconds.



➤➤➤ LIGHT WEIGHT MEN'S PAIRS 2000 METRES

Services again showed their domination in the pairs category of Light Men's race, as Yogesh Kumar and Manjeet Kumar held on to their nerves to emerge as the gold medal winners clocking 6:37.7 seconds.

WOMEN'S INDIVIDUAL 2000 METRES



The seasoned rower from West Bengal, Shweta Brahmachari, set a precedence by clinching the gold medal in the women's individual category as she produced an astonishing timing of 7:34.3 mins, beating her rival from Maharashtra Mrinmayee Salgaonkar, who clocked 7:36.1 mins.



WOMEN'S PAIRS 2000 METRES

Haryana's Anu and Harpreet Kaur stormed the category emerging as the gold winners after they clocked 8:07.5 seconds, which was 20 seconds better than the runners-up from West Bengal.

LIGHT WEIGHT WOMEN'S INDIVIDUAL 2000 METRES



Tamil Nadu's 20-year-old promising rower Bagavathy R left no stone unturned to attain a huge lead and eventually win the title race clocking 8:03.1 seconds and clinching the gold medal. Her domination was felt over runners-up Manasa SM from Karnataka, who finished at 8:24.4 seconds.



LIGHT WEIGHT WOMEN'S PAIRS 2000 METRES

Like their individual counterpart, the Tamil Nadu duo of Tamilselvi S and Fati Siuba K clinched the gold medal in this category with a huge margin, maintaining a time of 8:23.7 seconds, almost 34 seconds ahead of Chandigarh.



LIGHT WEIGHT MIXED FOURS 500 METRES

A scintillating battle of time unfolded between the Chandigarh and Punjab teams, which saw the former team winning the gold medal by a close margin of just .2 seconds. The Chandigarh squad, headed by Lokesh, Neetu Sharma, Gulshan Kumar, and Priyanka Kumari, achieved the top spot at 1:42.2 seconds, ahead of the Punjab quartet's 1:42.4 seconds.



OPEN MIXED FOURS 500 METRES

The individual medal winners from West Bengal in men's and women's categories, Pratik Gupta and Shweta Brahmachari, paired up with Ishan Sengupta and Mayurakshi Mukherjee to drive the Open Mixed Four gold medal home at 1:33.1 seconds. They beat the Haryana quartet, who finished at 1:38.8 seconds.

JUNIOR MEN'S INDIVIDUAL 2000 METRES <<<

It was a one-sided competition in the Junior Men's Individual 2000 Metres final, where Karnataka's E Ekshith Sai ruled the roost as he finished with a spectacular time of 06:39.2 seconds to clinch the gold medal with a huge margin over runners-up Jaskaran Singh from Punjab, who clocked 7:08.8 seconds.



JUNIOR MEN'S PAIRS 2000 METRES

Haryana lads Ajay and Rohit Bedwal won the gold medal in the Junior Men's Pairs 2000 Metres event, clinching the title with a 6:47.4 minute. Tamil Nadu's Naresh YD and Arunkumar duo had to settle for the silver medal, clocking 6:49.0 seconds. The third place was secured by another Haryana team of Ankit and Sahil.

JUNIOR WOMEN'S INDIVIDUAL 2000 METRES <<<

West Bengal rowers pulled off another astonishing individual result after Senior men's and women's, as Drikpriya Paul achieved the gold medal in the women's junior individual category with a time of 8:05.3 seconds. She was way ahead of Karnataka's Komala SM, who finished in the second position clocking 8:30.9 seconds.



JUNIOR WOMEN'S PAIRS 2000 METRES

Haryana's Suman Devi and Sarita won the gold medal in this category with a timing of 7:51.5 seconds. In contrast, Tamil Nadu's Madhumitha D and B Jothika won the silver medal, clocking 8:13.5 seconds ahead of Punjab's Simran Kaur and Jaismeen Kaur.



JUNIOR MIXED FOURS 500 METRES

The quartet from Tamil Nadu, comprising Naresh YD, Madhumitha D, Arunkumar, and B Jothika, sealed the gold medal in this category with their combined brilliance, finishing the 500-meter course in just 1:38.6 seconds, more than three seconds ahead of the silver medallists.



SUB-JUNIOR BOYS INDIVIDUAL 500 METRES

Uttarakhand shone the brightest among all as 14-year-old Sandeep Sangwan finished the race in the summit position with a time of 1:33.6 seconds, clinching the gold medal, ahead of Haryana's Yash Kumar Yadav, who clinched the silver clocking 1:35.8 seconds. Telangana's Arramchetti Ganesh finished third in the race at 1:36.8 seconds.

SUB-JUNIOR BOYS PAIRS 500 METRES



This category saw the domination of Punjab boys, where 15-year-old Prithvi Singh Cheema his partner Gursevak Singh were the contenders. Jointly they finished the race, clinching the gold medal at 1:30.9 seconds. Uttarakhand's Suraj Singh and Sinder displayed a spirited show, finishing as runners-up.



SUB-JUNIOR GIRLS INDIVIDUAL 500 METRES

A neck-to-neck battle in the waters unfolded in this category between the winner and the runners-up, where Haryana's Naina ultimately sealed the top spot .5 seconds ahead of Assam's Debashmita Kashyap. The gold medallist completed the race at 1:54.0 seconds.

SUB-JUNIOR GIRLS PAIRS 500 METRES



Punjab girls Sukhnoor Kaur and Simranjeet Kaur held on to make their state proud with their swashbuckling performances, winning the gold medal in the category after they achieved a time of 1:52.5 seconds. They were followed by Haryana's Doli and Tamanna.



SUB JUNIOR MIXED FOURS 500 METRES

Punjab rowers who shone at the pair events showed some tantalizing performances again, as the quartet of Prithvi Singh Cheema Sukhnoor Kaur (2), Gursevak Singh (3) and Simranjit Kaur (brought home the gold medal clocking 1:41.9 seconds.



2022 ASIAN SENIOR & JUNIOR ROWING CHAMPIONSHIP

The 2022 Asian Rowing Championships were the 21st Asian Rowing Championships and took place from Nov 30 to Dec 4, 2022, at the Royal Thai Navy Rowing Center, Ban Chang, Rayong Province, Thailand. India had sent a 42-member contingent to the Championship, including junior and senior men and women rowers and five coaches. A total of 18 Asian countries participated in the Championships. India finished strongly with seven medals, including a gold, two silver, and a bronze medal in the senior championships, two gold medals, and a silver medal in the Junior Championships.





SILVER MEDAL IN MEN'S DOUBLE SCULLS

One of the elite rowers of the country, Jakar Khan, paired up with Sukhmeet Singh to clinch the silver medal in the men's double sculls event of the 2022 Asian Rowing Championships. The Indian pair had finished second in the heats and had qualified directly to the finals. In the finals, starting from lane 5, Khan and Singh finished the 500-meter mark of the race in fourth place but eventually picked up speed and maintained their second-place position since the 1500-meter mark. Despite a spirited display, they failed to surpass Indonesia's Irham and Memo, who won the gold at 7:7.215 seconds. Khan and Singh settled for the silver at 7:12.772 seconds.

BRONZE MEDAL IN MEN'S COXLESS FOURS



The Indian team of Jaswinder Singh, Bheem Singh, Punit Kumar, and Ashish won a solitary bronze medal at the 2022 Senior Asian Championships in the men's coxless fours event. The Indian team crossed the 2000-meter mark of the finish line with a time of 6:46.436, behind China and Uzbekistan, who won the gold and silver medals, respectively.



GOLD MEDAL IN LIGHT WEIGHT MEN'S DOUBLE SCULLS

Arjun Lal and Arvind Singh need no introduction. Competing in the Lightweight Men's Double Sculls category Arvind and Arjun made headway finishing top in the category heats. They completed the 2000-meter heats in 6:43.442 seconds. In the final, they clinched the gold medal by clocking 7:08.351 seconds, ahead of second-place Uzbekistan's Shakhzod Nurmatov and Sobirjon Safaroliyev.



SILVER MEDAL IN LIGHT WEIGHT MEN'S COXLESS FOURS

India bagged another silver medal at the 2022 Senior Asian Championships through the hands of Jasveer Singh, Iqbal Singh, Akshat Tanwar, and Charanjeet Singh in the lightweight men's coxless fours events. The quartet who started at lane 3 finished as runners-up with a time of 6:48:545 seconds, below China, who clocked 6:45.900 seconds.



GOLD MEDAL IN JUNIOR MEN'S SINGLE SCULLS

Madhya Pradesh Sports Academy's rower Prabhakar Rajawat won gold in the under-19 men's single scull 2000-meter event. Rajawat was a part of the junior category of the India squad, which included seven rowers from all over the country. Not only did he win the heats with a time of 7:27.776 seconds, but his dream run also continued in the final, where he topped the podium again, clocking 7:58.254.



GOLD MEDAL IN JUNIOR MEN'S DOUBLE SCULLS

Haryana's Lakshay and Army Boys Sports Company rower Gourav Kumar clinched the gold medal for India in the junior men's double scull event, taking India's tally of gold to three. After topping the heats earlier, the duo of Lakshay and Kumar beat Hong Kong and Iran to the top in the finals again as they clocked 7:16.159.

SILVER MEDAL IN JUNIOR MEN'S COXLESS PAIRS



India added her seventh medal on the trot at the 2022 Asian Rowing Championships when the duo of Adinath TJ and Adwaid JP Nambiar picked up another silver medal in the junior men's coxless pairs event. They displayed a spirited show clocking 7:43.666 but fell short against Kazakhstan rowers, who clinched the title.



42ND JUNIOR NATIONAL ROWING CHAMPIONSHIPS

The 42nd Junior National Rowing Championships were held between December 13 and 17th, 2022, at Hussain Sagar Lake in Secunderabad, Telangana. The races were over a 1000-meter, 4 Lane, marked rowing course. The Rowing Federation of India left no stone unturned to conduct this event successfully, following India's impressive performance at the Asian Rowing Championships in Pattaya, Thailand. Approximately 350 rowers from different states and institutes performed in the Junior National Championships consisting of five categories - single sculls, double sculls, coxless pair, coxless four, and coxed eight – in men's and women's categories. We were delighted to have the presence of RFI President Rajlaxmi Singh Deo as the chief guest during the opening ceremony of the tournament. Former President, C.P. Singh Deo was our guest during the closing ceremony. The Madhya Pradesh team topped the chart with six medals in their bag. Arjuna Awardee Jenil Krishnan, and Olympian Manjeet Singh, bestowed us with their presence during the tournament. Mr Saji Thomas was the honorary President of the Jury in the competitions. We sincerely thank Telangana Rowing Association for hosting a well-organized tournament.



JUNIOR MEN'S SINGLE SCULLS

Gourav Kumar of the Army Boys Sports Company secured the top spot - gold medal - in the Junior Men's Single Sculls event at the 42nd Junior Nationals by clocking 3:44.3 seconds. He was followed by Haryana's Lakshay, clocking 3:45.1 seconds. Prabhakar Rajawat from Madhya Pradesh secured the bronze medal at 3:47.9 seconds.

JUNIOR MEN'S DOUBLE SCULLS



Haryana boys Rohit Bedwal and Ajay enthusiastically performed in the double scull event when they attained the top spot at 3:33.1 seconds. The silver medals were won by Madhya Pradesh's Hariom Thakur and Ankit Sendhav, who clocked 3:36.8 seconds.



JUNIOR MEN'S COXLESS PAIRS

Madhya Pradesh's Gopal Thakur and Yogesh Thakur clinched the Junior Men's Coxless Pair's gold medals. They finished the course at 3:45.1 seconds ahead of the silver medallists Ankit and Vishal from Haryana, who took just 0.9 seconds more, 3:46.0 seconds, to reach the finishing line.



JUNIOR MEN'S COXLESS FOURS

Rowing Federation of India again showed their mettle as their contenders Adinath TJ, Sachu Suresh, Sooraj S, and Adwaid JP Nambiar crushed the junior men's coxless four race finals with a time of 3:15.0 seconds. While Haryana came second, Madhya Pradesh had to settle for the bronze medal.

JUNIOR MEN'S COXED EIGHT



Army Boys Sports Company won the gold medals among the men's coxed eight events. Navdeepak, Nishant Pania, Avinash Nishad, Rakesh Saini, Jaswant Singh, Sansar Singh, Surajasthan Singh, Akshay Nain, and the Cox as Deepak Kumar grouped to win the title after a fierce competition against Madhya Pradesh.



JUNIOR WOMEN'S SINGLE SCULLS

Among the individual women, MP Academy rower Monika Bhadoria won a gold medal in junior women's single scull. She attained the feat in the final by finishing at the comfortable time of 4:36.8 seconds, ahead of Tamil Nadu's B Hemalatha's 4:47.9 minute race. West Bengal's Drikpriya Paul won the bronze medal.

JUNIOR WOMEN'S DOUBLE SCULLS



Representing the Rowing Federation of India, Amala Prasad, and Avani A M won the gold medals in the junior women's double scull event after they led the daunting task of beating Haryana's Suman Devi and Savita to the second position. While Amala and Avani clocked 4:09.2 seconds, Suman and Savita competed valiantly to finish at 4:09.8 seconds.



JUNIOR WOMEN'S COXLESS PAIRS

Punjab girls showed their supremacy in the pairing event when the duo of Jaismeen Kaur and Jashanpreet Kaur clinched the gold medal with a time of 4:32.9 seconds. They were followed by Tamil Nadu's S Roshini Priya and M Priyadarshini at 4:36.8 seconds.



JUNIOR WOMEN'S COXLESS FOURS

The quartet from the Rowing Federation of India showed their dominance in the coxless four events among women. Archa A, Vijinamol B, Aswathi PB, and Aleena Anto secured the winner's medal representing RFI by reaching the finishing line at 3:59.7 seconds, over nine seconds ahead of the runners-up team Tamil Nadu.



JUNIOR WOMEN'S COXED EIGHT

The eight-member team representing Tamil Nadu, comprising B Jothika, Madhumitha D, A Shaya Revathi, S Roshini Priya, M Priyadarshini, Akilandeshwari A, A Rose Matica Meril and Diya Subramaniam, won the gold medal with a time of 3:45.5 seconds.



5TH KHELO INDIA YOUTH GAMES 2023

The fifth edition of the Khelo India Youth Games (KIYG) was held in Madhya Pradesh across eight cities from January 31 to February 11. The games incorporated 27 disciplines in this edition, including aquatic sports for the first time ever, which meant rowing was introduced for the first time in the KIYG. The event was held at the Madhya Pradesh Water Sports Academy in Upper Lake, Bhopal, between February 05 and 10, 2023. Hosts Madhya Pradesh topped the medal tally with seven medals in rowing competitions. The Honourable Minister of Youth Services and Sports, Himachal Pradesh Government, Shri Vikramaditya Singh graced the closing ceremony of the rowing events. We were also delighted by the presence of Shri Ravi Kumar Gupta, ADG, EOW, Bhopal at the event.



JUNIOR MEN'S SINGLE SCULLS

Uttarakhand's Gourav Kumar bagged the gold medal in the junior men's single sculls event after finishing the race in 3:42.67 seconds, followed by Madhya Pradesh's Prabhakar Rajawat in 3:45.03 seconds in the second place and Haryana's Lakshay in 3:49.75 seconds and third place.



JUNIOR MEN'S DOUBLE SCULLS

Haryana's young guns Rohit Bedwal and Ajay won the gold medal in the junior men's double sculls event as they clocked 3:27.69 seconds, followed by Madhya Pradesh's Hariom Thakur and Ankit Sendhav in 3:31.26 seconds.



JUNIOR MEN'S PAIRS

Odisha lads Sumit Kumar Swain and Ravi Bedwal strode to bag the gold medal in the junior men's pairs category, finishing in 3:37.29 seconds. Madhya Pradesh and Haryana settled for the silver and bronze medals, respectively.

JUNIOR MEN'S FOURS



Team Kerala, comprising Adinath TJ, Sachu Suresh, Sooraj S, and Adwaid JP Nambiar, shared partnered to bring the gold medal in the junior men's fours category with a time of 3:16.62 seconds. While Haryana (3:18.79) finished second, Madhya Pradesh (3:25.79) finished third in the final.



JUNIOR MEN'S QUADRUPE SCULLS

The junior men's quadruple sculls competition was won by team Madhya Pradesh. Hariom Thakur, Ankit Sendhav, Arvind Singh Gurjar, and Aman Singh pulled off a joint effort to win the race in 3:17.39 seconds. Odisha won the silver in 3:17.90 seconds and the bronze by Telangana in 3:31.28 seconds.

JUNIOR WOMEN'S SINGLE SCULLS



Host Madhya Pradesh's young Monika Bhadoria struck the gold medal with a brilliant time of 4:29.20 seconds. Telangana's B Hemalatha finished second in 4:37.06 seconds, followed by Maharashtra's Akshada Nigal in 4:47.22 seconds.



JUNIOR WOMEN'S DOUBLE SCULLS

Haryana also dominated the double sculls category among junior women, as Suman Devi and Sarita clinched the gold medal in 3:57.45 seconds. Odisha attained the second position with a time of 4:10.28 seconds.



JUNIOR WOMEN'S PAIRS

Punjab girls Jaismeen Kaur and Jashanpreet Kaur brought the gold medal home with their excellent display as pairs, clocking 4:17.01 seconds. Tamil Nadu and Telangana finished with silver and bronze, respectively.



JUNIOR WOMEN'S FOURS

Among the junior women's, team Kerala again won the fours competition. The quartet of Archa A, Vijinamol B, Aswathi PB, and Aleena Anto stuck the gold medal in 3:45.46 seconds. Tamil Nadu finished nine seconds later in the second spot at 3:54.42, and Odisha in third place at 4:02.24 seconds.



JUNIOR WOMEN'S QUADRUPLE SCULLS

The junior women's quadruple sculls competition was won by team Kerala. Amala Prasad, Avani AM, Ans Maria Mathew, and Aswani Kumaran VP pulled off a joint effort to win the race in 3:42.82 seconds. Haryana won the silver in 3:51.31 seconds and the bronze by Madhya Pradesh in 4:01.13 seconds.



40TH SENIOR & 24TH OPEN SPRINT NATIONAL ROWING CHAMPIONSHIPS

The 40th Senior & 24th Open Sprint National Rowing Championship occurred at the Army Rowing Node in the College of Military Engineering (CME) campus in India from Feb 20th to 26th, 2023. This prestigious event, organized by the Rowing Federation of India, was held at India's only international-standard rowing facility and attracted over 500 rowers from 25 affiliated states and units. Competing in various categories, men and women raced over distances of 2000 and 500 meters. The men's events included single sculls, double sculls, coxless pairs, coxless fours, open double sculls, and coxed eights, while the women's events included single sculls, double sculls, coxless pairs, coxless fours, double sculls mixed event, and para men's single sculls. The Championship was greatly supported by the Pimpri Chinchwad Municipal Corporation (PCMC) co-hosting the event.

Young Navy member Satnam Singh emerged victorious in the men's single sculls competition, defeating Tokyo Olympian Arvind Singh and Army's Karmajit. The Services team dominated the para men's single sculls and won all but one of the eight medals in the men's segment. In the women's section, Mrunmayee Salgaonkar from Maharashtra won the Women's Single Sculls event, securing the lone success for her state. She finished ahead of defending champion Kushpreet Kaur from Madhya Pradesh and Kiran Devi from Uttar Pradesh with a winning time of 8:24.4 seconds. Madhya Pradesh topped the tally with overall 11 medals in the competitions.

It was inspiring to be bestowed by the presence of Gen. Manoj PANDE, PVSM, AVSM, VSM, ADC Chief of Army Staff during the closing ceremony, who gave away the medals to champion rowers.

Odisha won three events in the women's section, Manipur won two, and Maharashtra and Kerala won one. Odisha emerged victorious in the Coxed Eights, Coxless Pairs, and Lightweight Double Sculls events, while Manipur claimed victory in the Quadruple Sculls and Double Sculls. Kerala secured the Coxless Fours title.





MEN'S SINGLE SCULLS 2000 METRES - A STAR WAS BORN

Punjab's 22-year-old Satnam Singh representing the Navy, upstaged Olympian Arvind Singh to win the men's single scull gold at the 40th Senior National rowing championships. Satnam clocked 7:11.9 seconds ahead of Services' sculler Arvind (7:13.8) and Karamjit (7:15.4) of the Army. "It was brilliant. I had no expectations before the race as I had switched to single scull only one and a half months ago," said Satnam, who competed in the men's fours before that. It has been remarkable progress in a short span for Satnam, who took up the sport in 2018. One year later, Satnam represented India in the men's pairs at the 2018 Youth Olympics, earning an eighth-place finish. In 2019, he bagged his first national medal, a silver in the men's fours in Pune.

MEN'S DOUBLE SCULLS 2000 METRES <<<

The services team went on their winning spree in the nationals again when the duo of Shagandeep Singh and Parminder Singh clinched the gold medal in men's double scull with a time of 6:37.3 seconds, beating Army in the runners-up position and Delhi in the third position.



MEN'S FOURS 2000 METRES

The services quartet of Jaswinder Singh, Bheem Singh, Punit Kumar, and Ashish (6:11.7) beat Army (6:24.5) and Jharkhand (6:28.1) in their stride to win the gold medal in the men's fours final event.



MEN'S QUADRUPE SCULLS 2000 METRES

Services quartet of Balraj Panwar, Parminder Singh, Shagandeep Singh, and Olympian Arjun Lal Jat won the men's quadruple sculls title in 5:57.7 seconds.



MEN'S COXED EIGHT 2000 METRES

The National Championships concluded with the men's coxed eight categories again dominated by services. Babu Lal Yadav, Naresh Kalwaniya, Neetish Kumar, Charanjeet Singh, Jaswinder Singh, Bheem Singh, Punit Kumar, Ashish, and Mukul Kumar Rao of Services won the gold medal in 5:42.6 seconds.

MEN'S COXLESS PAIRS 2000 METRES



Services again showed dominance in the men's coxless pairs category, where the Lekh Ram and Ankit Kasanya duo won the final comfortably in 6:56.7 seconds.



MEN'S PARA SINGLE SCULLS

In the men's para single sculls, K Narayana from Services defended his title in 1:43.6.

MEN'S CIV. DOUBLE SCULLS 2000 METRES



Uttarakhand's Sinder and Gourav Kumar steered their way to victory with a stunning show in 6:53.2 seconds. They were followed by Madhya Pradesh (6:56.0) in the second place and Odisha (7:03.6) in the third place.



MEN'S CIV. FOURS 2000 METRES

Team Chandigarh, comprising Sukhdeep Singh, Gulshan Kumar, Sahil Mudgil and Aditya Singh finished at the top position with a timing of 6:36.5 seconds, ahead of Madhya Pradesh and Odisha.

MEN'S LIGHT WEIGHT DOUBLE SCULLS 2000 METRES



Tokyo Olympian Arjun Lal Jat combined with Ajay Tyagi to clinch the lightweight men's doubles scull gold medal in 6:41.74 for Services. They were followed by Army's Ashish Phugat and Arwindar Singh in the second position in 6:44.1 seconds.



WOMEN'S SINGLE SCULLS 2000 METRES <<< **MRUNMAYEE'S ROAD TO PERFECTION**

Hailing from Nashik, Maharashtra, 21-year-old Mrunmayee Salgaonkar had come up short twice at the previous nationals, having to contend with bronze in the women's single scull. But this year, Salgaonkar rowed to perfection to take the gold in 8:24.4 seconds in the 2000-metre Championship.

Khushpreet Kaur from Madhya Pradesh bagged the silver in 8:29.7, and Mrunmayee's training partner and arch-rival, Kiran Devi of Uttar Pradesh, was third in 8:53.9. "This medal can get me a place in the team for the Asian Games, so I am really happy," said Mrunmayee.

Mrunmayee moved base to the SAI Centre in Odisha last year after accepting a scholarship through the Khelo India program. Working with mentor Vikal Sarve meant personal attention to her, which began to immensely impact her performance. Moreover, the win was huge as she relegated Kushpreet and Kiran, who finished ahead of her.



WOMEN'S DOUBLE SCULLS <<< **2000 METRES**

Manipur's Thangjam Priya Devi and Haobijan Tendethoi Devi clocked 7:59.3 seconds to emerge victorious in the women's double scull final, defeating Kerala and Madhya Pradesh.

»»» **WOMEN'S FOURS 2000 METRES**

Kerala girls Rose Mariya Joshi, Aleena Anto, Aswathi PB, and Meenakshy VS (7:38.7) beat Odisha and Madhya Pradesh rowers to win the gold medal in the women's fours final.

WOMEN'S QUADRUPLE SCULLS <<< **2000 METRES**

Manipur's Changamayum Priya Devi, Heisnam Bimola Chanu, Thangjam Priya Devi, and Haobijan Tendethoi Devi combined to win the women's quadruple sculls event in 7:17.9

»»» **WOMEN'S COXED EIGHT** **2000 METRES**

The women's event concluded with the coxed eight categories where Odisha's Ashmitha K, Sonalika Das, Sonali Swain, Ritu Kaudi, Richael Lakra, Reshma Lakra, Deepika Xess, Jharna Hasti, Subhasree Susmita Biswal joined hands to bring the gold medal home 6:50.8 seconds.



➤➤➤ WOMEN'S COXLESS PAIRS 2000 METRES

Sonali Swain and Ritu Kaudi from Odisha clinched the gold medal among women coxless pairs finishing the race in 8:08.3 seconds.



➤➤➤ WOMEN'S LIGHT WEIGHT DOUBLE SCULLS 2000 METRES

Odisha's Anshika Bharti and Reshma Kumari Minz brought home the top laurel in the lightweight women's doubles scull, clocking 8:00.4 seconds. Punjab Eves Savita and Kiran won the silver medal in 8:06.4. Whereas Madhya Pradesh's Vindhya Sankath and Ponnamm finished third in 8:15.3.

MEN'S SINGLE SCULLS 500 METRES



Salman Khan of the Indian Army won the race leaving behind Maharashtra and Indian Navy in the second and third places.



MEN'S DOUBLE SCULLS 500 METRES

Shangandeep Singh and Parminder Singh representing the Services team clinched the gold medal in men's double sculls 500 metres completion, while Army and Punjab won the silver and bronze medals, respectively.

MEN'S PAIRS 500 METRES



Services' duo Punit Kumar and Ashish showed dominance in the men's pairs 500 metres category, clinching the gold medal ahead of Maharashtra and Punjab.



MEN'S FOURS 500 METRES

Indian Army's Akshat, Vikas Kumar, Neeraj and Iqbal Singh combined to clinch the gold medal in the men's fours 500 metres ahead of Services and Delhi in the second and third places, respectively.



»»» LIGHT WEIGHT MEN'S DOUBLE SCULLS 500 METRES

Olympian Arjun Lal Jat paired with Ajay Tyagi to clinch the gold medal for Services. The duo were ahead of Haryana's Rohit Bedwal and Akshay in the silver-medal finish,

WOMEN'S SINGLE SCULLS 500 METRES <<<

Like her 2000 metre finish, Mrunmayee Salgaonkar aced the 500 metres category of women's singles sculls, bagging the gold medal, ahead of West Bengal's Shweta Brahmachari and Haryana's Suman Devi.

»»» WOMEN'S DOUBLE SCULLS 500 METRES

Manipur's Thangjam Priya Devi, paired up with Hobijam Tendenthoi Devi to bring home the gold medal in women's double sculls 500 metre category. They were ahead of Kerala and Haryana.

WOMEN'S PAIRS 500 METRES <<<

Sonali Swain and Ritu Kaudi from Odisha won the gold medal in the women's pairs event of the 24th Open National Rowing Championship. While Karnataka finished in the second place, Kerala settled for a bronze medal.

»»» WOMEN'S FOURS 500 METRES

Odisha quartet comprised of Reichael Lakra, Sonalika Das, Deepika Xess and Jharana Hasti combined to clinch the gold medal in the women's fours 500 metres ahead of Kerala and Manipur in the second and third places.



»»» LIGHT WEIGHT WOMEN'S DOUBLE SCULLS 500 METRES

Odisha Girls made their state proud again as the pair of Reshma Kumari Minz and Anshika Bharti made big strides to drive the gold medal home. They left Punjab and Madhya Pradesh trailing in the second and third positions, respectively.



MIXED DOUBLE SCULLS 500 METRES

Uttar Pradesh's duo of Mohd Adil Khan and Kiran Devi brought the gold medal home with a stupendous performance mixed double sculls event.



PARA MEN'S SINGLE SCULLS

K Narayana, representing the Services team won the Para Men's Single Sculls Race in the 24th Open Sprint National Rowing Championships. Kuldeep Singh of the Army won the silver medal, while the bronze medal was won by Kapil Kumar of Uttar Pradesh.



2023 WORLD ROWING CUP I

A 19-member India Rowing Team participated in the 2023 World Rowing Cup 1 at Zagreb, Croatia from 3rd to 7th May 2023. The team consisted of 14 Senior men rowers, 3 coaches and 2 support staff. This year's World Rowing senior series kicked off on Lake Jarun, near Zagreb. It was a proud moment for the team when the Indian ambassador at Croatia H. E. Mr Raj Kumar Srivastava witnessed India's performance at the World Rowing Cup I. The Indian team of 14 members took part in lightweight men's double sculls, men's single sculls, men's double sculls and men's fours.



LIGHT WEIGHT MEN'S DOUBLE SCULLS - REPECHAGE

Indian Olympian pair of Arjun Lal Jat and Arvind Singh finished second in their respective repechage round and failed to move in to the finals of the tournament clocking 6:30.26 seconds,



MEN'S SINGLE SCULLS - FINAL D

National Senior Men's Champion Satnam Singh finished the 2000m race with a time of 7:15:34 seconds in Final D, which got him in the fourth position, behind Spain, Zimbabwe and Coratia.

MEN'S DOUBLE SCULLS - REPECHAGE



The Indian duo of Karamjit Singh and Parminder fought their way to the repechage rounds and finished fourth at 6:47.21 seconds, behind Serbia, Ukraine and Argentina.



MEN'S FOURS - REPECHAGE

India had two teams representing the nation in the men's fours category. In the repechage round, the quartet of Jaswinder Singh, Bheem Singh, Puneet Kumar and Ashish finished third at 6:17.96 seconds, followed by Vipul Satish Ghurde, Ashish Goliyan, Ankit Kasanya, Naresh Kalwaniya in the fourth place at 6:21.96 seconds.

3RD KHELO INDIA UNIVERSITY GAMES 2022

The Khelo India University Games 2022 in Uttar Pradesh marked the third edition of India's largest multi-sport event in higher education. More than 4000 athletes from over 200 universities participated in 21 sports over 12 days. Punjab University, Chandigarh, emerged as the overall champions, reclaiming their title from the inaugural edition after losing to Jain University in the second edition. Guru Nanak Dev University, Amritsar, secured the second position, while Jain University, Karnataka, came third. The rowing competition, introduced at this year's Khelo India University Games, was dominated by Punjab University Chandigarh showcasing their prowess in this sport and winning 17 medals. The rowing event occurred at Ramgarh Taal in Gorakhpur from May 27th to May 31st, 2023. Bhojpuri cinema superstar and MP from Gorakhpur Shri Ravi Kishan was present during the competition to encourage the young rowers.

The success of the rowing competition at Ramgarh Taal has prompted the government of Uttar Pradesh to declare it as the primary venue for hosting national rowing camps in the state. Plans are underway to establish a training academy at Ramgarh Taal, where rowing players nationwide will receive specialized training to enhance their skills for national and international competitions.

Notably, the rowing competition at Ramgarh Taal was organized as part of the Khelo India University Games under the guidance of the Chief Minister. Before this, rowing had never been included in the Games, but the opportunity to host the event led to its inclusion. The selection of Ramgarh Taal and Gorakhpur's Water Sports Complex as venues align with Chief Minister Yogi's vision to promote water sports and encourage local youth participation. The state government has invested Rs 45 crore to build a state-of-the-art Water Sports Complex near the lake to host national and international water sports competitions.



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The rowing competition during the Khelo India University Games, held from May 27th to May 31st, showcased Ramgarh Taal's potential as a water sports venue. Athletes, coaches, and officials from various universities and the Rowing Federation of India were highly impressed with the facilities. They expressed their belief that the venue has the potential to host high-level national and international competitions. The Rowing Federation of India has shown interest in establishing a national camp and training academy at Ramgarh Taal, a proposal that the state government has acknowledged and taken steps towards realizing.

Dr Navneet Sehgal, the Additional Chief Secretary of Sports and Youth Welfare, has announced the collaboration with the federation to organize a national rowing camp at Ramgarh Taal Water Sports Complex. The preparations for this camp have already commenced. Rajlaxmi Singh Deo, the President of the Rowing Federation of India, has also recognized the immense potential of Ramgarh Taal as a venue for rowing events.



MEN'S SINGLE SCULLS 500 METRES



Harvinder Singh Cheema of Chandigarh University Mohali clinched the gold medal in 1:39.2 seconds. He was followed by the rowers of Savitribai Phule Pune University and Lovely Professional University in the second and third positions, respectively.



MEN'S DOUBLE SCULLS 500 METRES



Karanbir Singh Bhinder and Shobhit Paandey of the Punjabi University of Patiala finished at the top place with a timing of 1:28.1 seconds, followed by the University of Madras and Punjab University Chandigarh in the second and third places, respectively.



MEN'S QUADRUPE SCULLS 500 METRES

The quartet of Jaspal Singh, Sourbh, Karanbir Singh Bhinder, and Shobhit Pandey of the University of Patiala teamed up to display a sensational performance to clinch the gold medal in this category in 1:25.1 seconds.



MEN'S PAIRS 500 METRES

Kishan Pandey and Ravi Bedwal of the Punjabi University of Patiala attained the top position in this category finishing in 1:32.5 seconds. Punjab University Chandigarh finished 1:36.1, winning the silver medal. Guru Nanak University Amritsar won the bronze.

MEN'S FOURS 500 METRES



Punjab University Chandigarh emerged victorious in the category thanks to Sukhdeep Singh, Rajat Kumar, Sahil Mudgil, and Aditya Kumar Singh, who partnered to clock 1:25.4 in the final.



LIGHT WEIGHT MEN'S SINGLE SCULLS 500 METRES

Malak Singh of Chandigarh University, Mohali, clinched the gold medal in 1:58.4 seconds. He was followed by the rowers of Lovely Professional University and L.N. Mithila University Darbangha in the second and third positions, respectively.

LIGHT WEIGHT MEN'S DOUBLE SCULLS 500 METRES



In the lightweight men's double sculls 500m category, Punjab University Chandigarh's Ravinder and Dinesh Kumar topped the charts with a finish in 1:31.3 seconds, ahead of Kurukshetra University and Kerala University.



LIGHT WEIGHT MEN'S FOURS 500 METRES

Punjab University Chandigarh emerged victorious in the category thanks to Sonu Kumar Verma, Gurpreet Singh, Ajeet Kumar, and Sudarshan Lamba, who partnered to clock 1:28.5 in the final.



WOMEN'S SINGLE SCULLS 500 METRES

Shweta Brahmachari of the University of Calcutta clinched the gold medal in 1:55.2 seconds. She was followed by the rowers of PES University and the Punjabi University of Patiala in the second and third positions, respectively.



»»» WOMEN'S DOUBLE SCULLS 500 METRES

In the women's double sculls 500m category, Punjab University Chandigarh's Khushpreet Kaur and Diljot Kaur topped the charts with a finish in 1:44.9 seconds, ahead of KIIT University and Savitribai Phule Pune University.

WOMEN'S QUADRUPLE SCULLS 500 METRES



The quartet of Khushpreet Kaur, Jyoti Khuswaha, Anjali Shivhare, and Vindhya Sankth of the Punjab University Chandigarh teamed up to display a sensational performance to clinch the gold medal in this category in 1:46.8 seconds.



WOMEN'S PAIRS 500 METRES

Fati Siuba and Bagavathy R of the University of Madras attained the top position in this category, finishing at 1:46.3 seconds. Kerala University finished 1:48.5, winning the silver medal. Savitribai Phule Pune University won the bronze.

WOMEN'S FOURS 500 METRES



Kerala University emerged victorious in the category thanks to Davapriya D, Arundathi VJ, Rose Mariya Johy, and Meenakshy VS, who partnered to clock 1:39.2 in the final.



LIGHT WEIGHT WOMEN'S SINGLE SCULLS 500 METRES

B. Hemalatha of Osmania University clinched the gold medal in 1:57.5 seconds. She was followed by the rowers of Savitribai Phule Pune University and Sri Ramachandra University Tamil Nadu in the second and third positions, respectively.



LIGHT WEIGHT WOMEN'S DOUBLE SCULLS 500 METRES

In the lightweight women's double sculls 500m category, Guru Nanak University Amritsar's Jyoti Kushwaha and Vindhya Sankh topped the charts with a finish in 1:44.4 seconds, ahead of Punjab University Chandigarh and Savitribai Phule Pune University.



➤➤➤ **MEN'S SINGLE SCULLS 2000 METRES**

Pratik Gupta of the University of Calcutta clinched the gold medal in 6:51.0 seconds. He was followed by the rowers of Punjab University Chandigarh and Yashwant Rao Chawan Maharashtra University in the second and third positions, respectively.

**MEN'S DOUBLE SCULLS
2000 METRES**



In the men's double sculls 2000m category, Punjabi University of Patiala's Karanbir Singh Bhinder and Shobhit Pandey topped the charts with a finish in 5:54.1 seconds, ahead of Chandigarh University Mohali and Punjab University Chandigarh.



**MEN'S QUADRUPE SCULLS
2000 METRES**

The quartet of Tarun Dangi, Prabhakar Singh Rajawat, Ankit Sendhav and Nitesh Bharadwaj of the Guru Nanak University Amritsar teamed up to display a sensational performance to clinch the gold medal in this category in 5:09.1 seconds.

MEN'S PAIRS 2000 METRES



Sukhdeep Singh and Aditya Kumar Singh of Punjab University Chandigarh attained the top position in this category, finishing at 5:49.8 seconds. The Punjabi University of Patiala finished 6:01.6, winning the silver medal. Kurukshetra University won the bronze.



MEN'S FOURS 2000 METRES

Punjab University Chandigarh emerged victorious in the category thanks to Sukhdeep Singh, Rajat Kumar, Sahil Mudgil and Aditya Kumar Singh, who partnered to clock 5:24.0 in the final.



**LIGHT WEIGHT MEN'S SINGLE SCULLS
2000 METRES**

Malak Singh of Chandigarh University Mohali clinched the gold medal in 7:06.9 seconds. He was followed by the rowers of Lovely Professional University and Punjab University Chandigarh in the second and third positions, respectively.



➤➤➤ LIGHT WEIGHT MEN'S DOUBLE SCULLS 2000 METRES

In the lightweight men's double sculls 2000m category, Punjab University Chandigarh's Ravinder and Dinesh Kumar topped the charts with a finish in 5:57.6 seconds, ahead of Guru Nanak University Amritsar and Kurukshetra University.

WOMEN'S SINGLE SCULLS 2000 METRES



Shweta Brahmachari of the University of Calcutta clinched the gold medal in 7:39.5 seconds. She was followed by the Punjabi University of Patiala and the PES University rowers in the second and third positions, respectively.

➤➤➤ WOMEN'S DOUBLE SCULLS 2000 METRES

In the women's double sculls 2000m category, Punjab University Chandigarh's Khushpreet Kaur and Diljot Kaur topped the charts with a finish in 6:45.6 seconds, ahead of KIIT University and Guru Nanak University Amritsar.

WOMEN'S QUADRUPE SCULLS 2000 METRES



The quartet of Khushpreet Kaur, Jyoti Khuswaha, Anjali Shivhare, and Vindhya Sankth of the Punjab University Chandigarh teamed up to display a sensational performance to clinch the gold medal in this category in 6:10.1 seconds.



WOMEN'S PAIRS 2000 METRES

Fati Siuba and Bagavathy R of the University of Madras attained the top position in this category, finishing at 7:16.6 seconds. Kerala University finished 7:22.0, winning the silver medal. Osmania University won the bronze.



WOMEN'S FOURS 2000 METRES

Kerala University emerged victorious in the category thanks to Davapriya D, Arundathi VJ, Rose Mariya Johy, and Meenakshy VS, who partnered to clock 6:38.0 in the final.



»»» LIGHT WEIGHT WOMEN'S SINGLE SCULLS 2000 METRES

Sweeti of Lovely Professional University clinched the gold medal in 7:44.0 seconds. She was followed by the rowers of Osmania University and Savitribai Phule Pune University in the second and third positions, respectively.



»»» LIGHT WEIGHT WOMEN'S DOUBLE SCULLS 2000 METRES

In the lightweight women's double sculls 2000m category, Punjab University Chandigarh's Gurbani Kaur and Poonam topped the charts with a finish in 6:55.1 seconds, ahead of Guru Nanak University Amritsar and Kerala University.



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