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Mr. Raj Bhavsar who is an Indo-American Olympic Bronze Medalist was at Delhi, India on 1st June 2009. He is interested in coaching the Indian Gymnastics Team, if given a chance. Mr. Bhavsar said that he had come with open mind to give back whatever he had achieved. It has not been easy for him to win the bronze medal in the Beijing Olympic 2008 and he would like to share his experiences with Indian Gymnastics Team and help them with technical details involving in the sports.

Indian gymnasts need just a spark through some good performances at highest level to catapult them to success and he would like to help in attaining that through interactive sessions. An Artistic Gymnast with roots in Gujrat India, Mr. Bhavsar feels that Indian Gymnastics need greater public awareness, which can come through live entertainment shows as there is lack of public awareness about gymnastics in India. Mr. Bhavsar also invented the new element on Rings (may be seen in the new code of points at Sl. No. 41 of Group IV). A member of 2001 and 2003 World Champion American team and Beijing Olympic 2008 Bronze



Medalist, Mr. Bhavsar was named the recipient of the south Asian Excellence Award for sports at New York on 9th May 2009. He met with Gymnastics Federation of India and the CWG 2010 Organizing Committee to discuss about India's preparation for CWG 2010. He also visited the gymnastics facilities at National Sports Academy at Allahabad on 2nd June 2009 & met with the officials and MAG Core Group Probable of CWG 2010 there.

(Excerpts from Statesman, New Delhi).

ART/RG: NATIONAL GYMNASTICS JUDGES COURSE 2009-2012 (XII FIG Cycle)

Course	Venue	Period	Organizing Unit	Expert	No. of participants
2nd National Judges Course (MAG)	Baghu Majara Chandigarh	24-27th June 2009	Punjab	Mr. R. L. Verma(RLY) & Mr. G. Ravinder(AP)	37 Men
3rd National Judges Course (MAG) & 1st National Judges Course (WAG)	Chandra Shekhar Agasse College of Physical Education, Pune	10-13th July 2009	Maharashtra	Mr. B. L. Bayaskar (Services) and Mrs. Savita Marathe (MAH)	30 Men and 16 Women
4th National Judges Course (MAG) & 2nd National Judges Course (WAG)	SAI Eastern Center Kolkata	16-19th July 2009	West Bengal	Mr. R. L. Verma & Mrs. Arundhati Roy (IR)	62 Men and 46 Women
5th National Judges Course (MAG)	Hydrabad	20-23rd July 2009	Andhra Pradesh	Mr. G. Ravinder (AP)	24 Men
6th (MAG) & 3rd (WAG) National Judges Course	Gurgoan (Haryana)	25-28th July 2009	Haryana	Mr. B. L. Bayaskar & Mrs. Savita Marathe (MAH)	25 Men & 09 Women

Cont.

1st National Judges Course in Rhythmic Gymnastics	Jaipur (Rajasthan)	25-28th July 2009	Rajasthan	Ms. Varsha Upadhye (MAH)	20 Women
4th WAG National Judges Courses	Warangal (AP)	18-21 Aug. 2009	Andhra Pradesh	Ms. Arundhoti Roy (IR)	19 Women
5th WAG National Judges Courses	Patiala	20-23 Aug. 2009	Punjab	Dr. Kalpana Debnath (PUN)	30 Women
7th National Judges Course (MAG)	Neemuch (MP)	19-23 Aug. 2009	Madhya Pradesh	Mr. R. L. Verma (IR)	36 Men
8th National Judges Course (MAG)	Bharatpur (Raj)	19-23 Aug. 2009	Rajasthan	Mr. B. L. Bayaskar (SSCB)	29 Men

ART/RG: FIG INTERNATIONAL GYMNASTICS JUDGES COURSE 2009-2012



1. ANDHRA PRADESH GYMNASTICS ASSOCIATION under the aegis of Gymnastics Federation of India conducted FIG International Judges Course (MAG) of XII Cycle (2009-2012) at Hotel Basera Hyderabad from 2-5th August 2009. This was attended by 29 qualified men gymnastics coaches and judges from recently conducted National Judges Courses in India. **FIG Expert Dr. Karacsony Istvan Jozsef from Hungary** took the classes and the category of the successful judges will be communicated by FIG later, while FIG judges of XI cycle Mr. Ashok Mishra, Mr. Pradip Sahoo, Mr. Partho Banerjee and Mr. Y. Ram Mohan attended the course and maintained their category IV. Me. G. Ravinder was the coordinator for the above course.

2. MAHARASHTRA GYMNASTICS ASSOCIATION under the aegis of Gymnastics Federation of India conducted FIG International Judges Course (RG) of XII Cycle (2009-2012) at Mumbai from 9-14th August 2009, which was attended by 10 qualified women gymnastics coaches and judges from recently conducted National Judges Courses at Jaipur. **FIG Expert Ms. Tamara Bompá from Toronto, Canada** took the classes and 9 judges could successfully complete the above course. The category of the successful judges will be communicated by FIG in due course of time to Gymnastics Federation of India. Ms. V. Upadhye was the coordinator for the above course.



3. WEST BENGAL GYMNASTICS ASSOCIATION under the aegis of Gymnastics Federation of India conducted FIG International Judges Course (WAG) of XII Cycle (2009-2012) at Hotel Astor Kolkata from 26-31st August 2009. 27 qualified women gymnastics coaches and judges from all over India attended the above course. **FIG Expert Ms. Kym Dowell Secretary FIG Women's Technical Committee from Australia** conducted classes and the category of the successful participants will be communicated by FIG in due course of time to Gymnastics Federation of India. Dr. Kalpana Debnath and Ms. Arundhoti Roy were the Coordinator and Assistant coordinators respectively.

ART/RG: NATIONAL COACHING CAMPS UNDER LTDP SCHEME

The **2nd National Coaching Camps** under Long Term Development Plan (LTDP) were conducted by Gymnastics Federation of India at Agra in MAG, at Warangal in WAG and at Pune in RG from 15th June to 29th July 2009 for Sub-Junior, Junior and Senior gymnasts.

Discipline	Venue	Local Co-ordinators	No. of Gymnasts	Name of the Coaches
RG	Balewadi Sports Complex, Pune, MH	Mr. Sanjog Dhole	03	Ms. Elora Mangla Ms. S. Indira
MAG	Eklavya Sports Stadium, Agra, UP	Mr. Ajay Sethi	18	Mr. Ajay sethi Mr. Prem Singh Mr. Praveen Sharma
WAG	JN Stadium Hanamkonda, Warangal, AP	Mr. Madhusudan	20	Ms. S. Dhanlaxmi Ms. P. Anjani Devi Mr. A. Sambhiaya

The **2nd National Coaching Camps** under Long Term Development Plan (LTDP) were conducted by Gymnastics Federation of India at Chandigarh in MAG, at Agartala in WAG and at Ambala Cantt in RG from 1st August to 15th September 2009 for Sub-Junior, Junior and Senior gymnasts.

Discipline	Venue	Local Co-ordinators	No. of Gymnasts	Name of the Coaches
MAG	ITBP, Chandigarh	Mr. Inderjit Singh	18	Mr. Abinash Kumar Mr. N. Satyen
WAG	Indoor Stadium, Agartala	Mr. D. K. Bhattacharya	18	Mr. B. S. Nandi Mrs. Soma Nandi Mrs. Minara Begum
RG	Ambala Cantt	Mr. Subhash Chandra Sharma	07	Ms. Surekha Rana Ms. Pooja Chauhan

CWG-2010 : NATIONAL COACHING CAMPS FOR CORE GROUP PROBABLE

The **3rd National Coaching Camps** were conducted by Gymnastics Federation of India at Patiala, Allahabad in Men Artistic Gymnastics and at Kolkata in WAG from 8th June to 30th August 2009 as mentioned below in preparation of Commonwealth Games 2010 at New Delhi, India. 12 MAG gymnasts are already under abroad training at Belarus w.e.f. 9th June 2009 for a period of one month and will join at Allahabad and Patiala, respectively, after completion of training. Director General SAI, Mr. Sayan Chatterjee, his wife Ms. Madhuri Chatterjee & Mr. Sanjay Saraswat Director SAI Sub-Centre Lucknow visited the National Gymnastics Camp of CWG 2010 at Allahabad on 14th Aug. 2009.

S.No.	VENUE	DISCIPLINE	GYMNASTS	NAME OF THE COACHES
1.	SAI Eastern Center, Salt Lake City, Kolkata	WAG	22 Gymnasts	Mr. Jagtaar Singh Ms. Scephali Mallick Mr. J. P. Chakraborty Mr. R. V. Lokhande
	NS NIS Patiala	WAG	01 Gymnast	Ms. Kalpana Debnath
2.	NS NIS, Old Moti Bagh Palace, Patiala	MAG	09 Gymnasts	Mr. Nirbhaya Singh Mr. Y. Ram Mohan
3.	National Sports Academy, Allahabad	MAG	12 Gymnasts	Mr. D. K. Rathore Mr. Ashok Kr. Mishra



Core Group Probable's (MAG) at PATIALA



Core Group Probable's (MAG) at ALLAHABAD



Core Group Probable's (WAG) at KOLKATA



Core Group Probable's (RG) at PUNE

UPCOMING EVENTS:

NATIONAL AEROBIC GYMNASTIC CHAMP.

28 Sept. – 1 Oct., 2009
RAJKOT (Gujarat)

New Dates

NATIONAL GAMES

21 Nov. – 5 Dec., 2009
RANCHI (Bihar)

TRAILS GAMES OF CWG 2010

1 – 12 August, 2010
NED DELHI



RG: INDIAN QUARTET AT WORLD CHAMPIONSHIP AT MIE, JAPAN

Indian women's quartet consist of Akshata Shete, Pooja Surve and Sadichhha Kulkarni, all from Mumbai, and Mitali Dogara from J & K and probable's of CWG 2010 participated in the 29th World Rhythmic Gymnastics Championship held at Mie, Japan from 7-13 September 2009 after the World Championship at Baku in 2005. About 142 individual gymnasts from 33 countries participated in the 29th World Rhythmic Gymnastics Championship, which is organized by FIG and serves as first qualifying event for the 2012 London Olympic Games. Ms. Varsha Upadhye (Judge), Ms. Krupali Patel (coach) and Mr. Kan Singh Rathore as a Head of the delegation accompanied the Indian team. The Indian Team scored an average 15 points that is much higher then any earlier performances of Indian gymnastics team at International RG events.



NOW YOUR LEGENDARY GYMNASTICS PERSONALITIES

MR. SARBIR SINGH S/o Late Balwant Singh was born on 1st May 1943 at Gujranwala, now in Pakistan. He is graduated from Delhi University and passed 2nd adhoc course in gymnastics from National Institute of Sports Patiala in 1962 with distinction along with 1952 Olympian ASI Veer Singh. He joined NIS as a coach on 26.12.1962 and retired on 30.4.2003 after 40 years of meritorious service to the organization. Mr. Sarbir Singh started gymnastics first in 1956 under the able guidance of famous coach Sardar Sarwan Singh and Russian Coaches



Mr. Smolesky and Mr. Senebletz in 1960. Mr. Singh represented India in Indo-Russian Gymnastics Competition at Patiala, Delhi and Kolkata in 1961 and at Tashkent USSR in 1962. He won 1st position in Endurance competition on Pommel Horse during Indo-USSR Competition at Delhi in 1961 by beating World Champion Albert Azarian (USSR). Mr. Sarbir Singh was declared **All Round Individual Champion** at 8th Senior National Gymnastics Championship at Gwalior in 1962 with Gold Medals on Horizontal Bar, Rings and Pommel Horse. He worked as Liaison Officer at RCC Karnal and MNSS Rai for NIS coaches from 1981-83 and organized many National / International Gymnastics Championships at Delhi, Rai (Haryana), Nagpur and Gangtok. He also conducted many National Camps from 1966-2002 to prepare national teams for various International Tournaments including IX Asian Games New Delhi 1982 & Vth Junior Asian Gymnastics Championship New Delhi 1992. Mr. Singh was appointed as coach of the Indian teams, which participated in International Championships at Romania in 1985 and at Jr. Asian Championship at New Delhi in 1992. He was a qualified FIG International Judge from 1980-84.

Mr. Sarbir Singh produced many National champions and International gymnasts including **Ms. Krupali Patel**, who is the recipient of the 4th Arjun Award in Gymnastics in 1989.

1. **Ram Niwas:** National Champion at Cuttack 1970, Represented India in USSR 1969 & won Bronze on P. Bars;

- 2. **Pratap Chand Rana & Manjula:** 1st Junior Asian Gymnastics Championship at Japan 1971;
- 3. **Sadhu Saini:** IX Asian Games New Delhi 1982;
- 4. **Nirmala Gulia:** Moscow USSR 1985, Romania 1985;
- 5. **Krupali Patel:** Moscow USSR 1985, Arjun Awardee 1989;
- 6. **Kaberi Saha & Samana Das:** 5th Junior Asian Championship New Delhi 1992;
- 7. **Laxman Singh:** 6th Junior Asian Championship at Hiroshima Japan 1994, Training-Cum-Competition at Belarus in 1994;
- 8. **Praveen Sharma:** 6th Junior Asian Championship at Hiroshima Japan 1994, Training-Cum-Competition at Belarus in 1994, 1st SAARC at Allahabad 1998 and 1st South Central championship at Patiala 1999 and won 4 medals.

Government of Haryana honoured Mr. Sarbir Singh with cash award of Rs. 1000/-, a Silver Medal and a certificate of Proficiency for producing National Champion Team from MNSS Rai, Haryana in 1983-84. His Excellency Governor of Haryana awarded a certificate of Honour with Rs. 1000/- to Mr. Sarbir Singh at State Sports Award Day at Raj Bhawan Chandigarh in 1992 for producing National Champion Team and gymnasts from MNSS Rai, Haryana. Sports Journalist Association, Chandigarh also honoured Mr. Singh with a certificate of Honour and a special memento for his meritorious services in the field of gymnastics and certificate of Honour was also awarded by Asian Games Organizing Committee New Delhi 1982 for rendering valuable services during the games. Presently, Mr. Sarbir Singh is working as Government Observer in Gymnastics since 2007.

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