

MAHARASHTRA AMATEUR GYMNASTICS ASSOCIATION

NEWS BULLETIN SEPTEMBER AND DECEMBER 2015

Wishing You All A Very Happy Durga Pooja & Deepawali

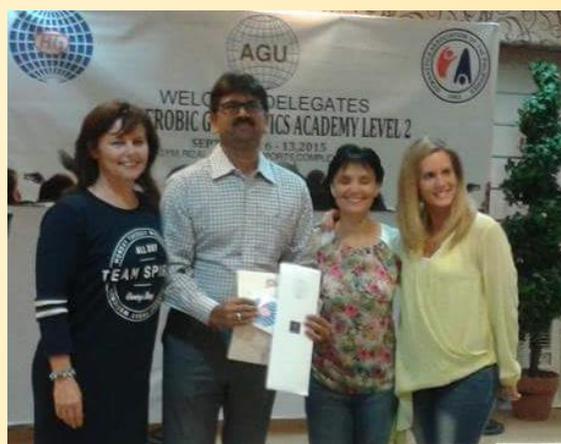
AERO: FIG ACADEMY FOR AEROBIC GYMNASTICS LEVEL-2, PHILIPPINES



27th FIG Academy for Aerobic Gymnastics Level-2 was hosted by Philippines Gymnastics Association at Rizal Memorial Sports Centre in Manila from 6-13th September 2015 which is attended by 15 coaches from five different countries i. e. Cambodia, Indonesia, India, Philippines and Sri Lanka. The participation in this Academy

was funded in part by Asian Gymnastics Union (AGU) using International Gymnastics Federation's Development Fund.

Mrs. Tammy Johnson of South Africa was the course expert for Aerobic Gymnastics Academy, who was a former International competitor for Artistic and Aerobic Gymnastics, a professional dancer, and a National Coach. She was joined by Eva Szloboda, the Hungarian National Coach and former World Silver medalist and Dr. Olga Kyselovicova of Slovakia who is Vice-dean of the faculty of Physical Education and Sports, University of Bratislava. Most of the candidates performed very well in three-part technical and theoretical examination. The highest result of 92% is achieved by Jhennylo Gacula of Philippines, second by Armando Asuncion of Philippines and third best result went to Makarand Joshi and Himanshu Kabra of India. The Academy is also a Landmark Academy for Mr. Hardy Fink (Canada). It is the 200th Academy since he has taken over as Director of FIG Education & Academy Programme in 2005. The FIG has now had 3,099 coaches representing 121 different federations from 5,570 Academy.



ART: SELECTION TRIALS FOR 46th WORLD GYMNASTICS CHAMPIONSHIP GLASGOW

Gymnastics Federation of India & Sports Authority of India conducted selection trials in Artistic



Gymnastics (Men & Women) at IG Stadium New Delhi on 17th & 18th September 2015 to participate in 46th World Artistic Gymnastics Championship which will be held at Glasgow from 23rd October to 1st November 2015. Total 10 Women and 16 Men took part in the selection trials and result are as follows:

Women: 1- Dipa Karmakar (53.25), 2- B. Aruna Reddy (50.45), 3- Pranati Nayak (49.15), 4- Pranati Das (48.00), 5- Dwija Asher (43.60), 6- Shraddha Talekar (43.10), 5- Shravani Rout (42.95), 8- Mandira Hazra Chaudhary (39.65), 9- Bhakti Tewari (38.90), 10- Shravani Vaidya (35.70), **Men:** 1- Rakesh Kumar Patra (81.90), 2- Ashish Kumar (80.55), 3- Siddharth Verma (80.10), 4- Aditya Singh Rana (79.15), 5- Abhijit Shinde (78.30), 6- Dhan Bahadur (77.70), 7- Abhijit Kumar (77.25), 8- Md. Bobby (76.70), 9- Someshwar Rana (76.50), 10- Gobind Kalbande (73.50), 11- Manpreet (73.20), 12- Abhilekh (73.10), 13- Anil Mullick (72.55), 14-

Sanjay Burman (72.30), 15- Anand Petere (68.60), 16-SK. Jane Alam (67.95). The performance of gymnasts in above selection trials was evaluated by Mr. B. L. Bayaskar, Mr. Pravin Dhage, Mr. Deepak Kabra, Mr. Satpal Chhabra, Mr. Gaurav Shah, and Mr. Mayank Srivastava in Boys section while Mrs. Sanjivini Purnapatre, Dr. Kalpana Debnath, Mrs. Arundhoti Roy and Ms. Jasmail Kaur in Girls section. Mr. Habib Farooki & Mr. Riyaz Bhati Vice Presidents GFI, Dr. Shanti Kumar Singh General Secretary GFI, Mr. Gian Singh Treasurer GFI, Mr. D. K. Rathore Dronacharya Awardee and Mr. Inderjit Singh Pawla Project Officer SAI were present during the trials at IG Stadium New Delhi.

The following gymnasts namely Rakesh Patra, Ashish Kumar, Siddharth Verma in MAG Dipa Karmakar WAG are



and in

selected to represent India in 46th World Artistic Championship at Glasgow in October 2015.

ART: 4th NATIONAL COACHING CAMPS FOR MEN & WOMEN, AGRA (UP)

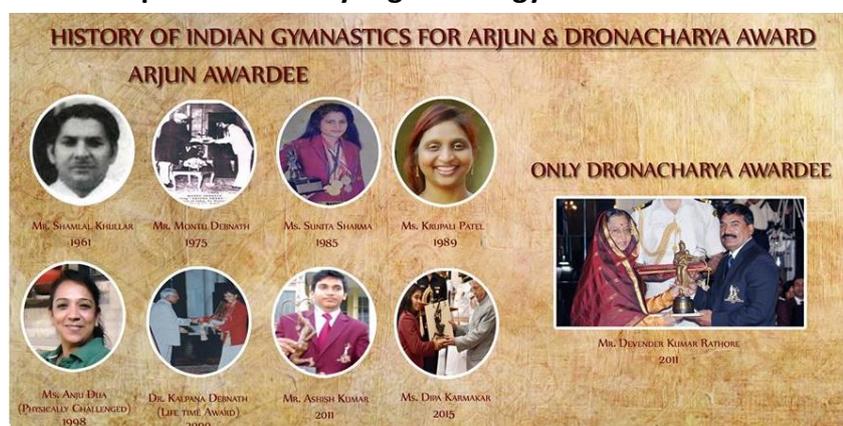
The 4th National Coaching Camp in Gymnastics was conducted at Eklavya Sports Stadium AGRA by SAI & GFI for Men & Women in Artistic Gymnastics from 21st September to 19th October 2015 in

preparation of 46th World Artistic Gymnastics Championship to be held at Glasgow, Scotland from 23rd October to 1st November 2015 Vide SAI Administrative Sanction Order No. 117/2015 dated 18th September 2015 for 11 campers.

SN	VENUE	DISCIPLINE	GYMNASTS	NAME OF THE COACHES
01	Eklavya Sports Stadium Agra	MAG (4)	Rakesh Patra, Ashish Kumar, Siddharth Verma, Aditya Singh Rana,	Dr. G. S. Bawa I/C Coach Mr. Praveen Sharma Mr. Rajiv Saha, Masseur
02	Eklavya Sports Stadium Agra	WAG (2)	Dipa Karmakar, B. Aruna Reddy,	Mr. B. S. Nandi Mr. Sajjid Ahmed, Physio

ART: ARJUN AND DRONACHARYA AWARDEES IN INDIAN GYMNASTICS

India has produced many legends in gymnastics since the inception of Gymnastics Federation of



India on 17th February, 1951. Many gymnasts represented India in Olympic Games in 1952, 1956 and 1964, World Championships in 1970, 1993, 1999, 2001, 2009, 2011, 2013, 2014, 2015, Asian Games in 1978, 1982, 1986, 2006, 2010, 2014, and Commonwealth Games in 1978, 2002, 2004, 2010, 2014 and in many other

International Championships such as Junior or Senior Asian Gymnastics Championships, Tulit Peter Cup and many dual meets. Union Sports Ministry only could find out few suitable gymnasts and coaches for India's Prestigious Arjun & Dronacharya Awards. The Arjun Award was instituted in 1961 while Dronacharya Award in 1985. A consolidated picture frame is prepared for your information and valuable record. First Arjun Award was bestowed to Mr. Sham Lal Khullar in 1961 followed by Mr. Mantu Debnath in 1975, Ms. Sunita Sharma in 1985, Ms. Krupali Patel in 1989, Ms. Anju Dua (Handicapped) in 1998, Dr. Kalpana Debnath (Life Time Achievement) in 2000, Mr. Ashish Kumar in 2011 and Ms. Dipa Karmakar in 2015 while first Dronacharya Award to Mr. Devendra Kumar Rathore in 2011.

ART/RG/ACRO: MAHARASHTRA STATE SCHOOL GYMNASTICS CHAMPIONSHIP, AMRAVATI

Maharashtra State School Artistic Gymnastics Championship will be held at HVPM Amravati from 2-6th November 2015 in Boys & Girls under 14, 17 and 19 years while Acrobatic (Open) and Rhythmic Gymnastics Championship in above mentioned age groups will be held at the same venue on 6th & 7th November 2015 and RG will report on 5th November 2015.

ART: RAKESH PATRA ON COVER PAGE OF FIG MAGAZINE



Rakesh Patra a top Odisha gymnast serving in Indian Navy clinched the top position in the recently held selection trials scoring 81.90 points at IG Stadium New Delhi on 17th & 18th September 2015 for 46th World Championship which is to be held at Glasgow from 23rd October to 1st November 2015. The qualifying score is 81.50 points which is much below than his trial standard (81.90). Rakesh is having a bright opportunity to qualify for Rio Olympic Games if he performs better than his score of 81.90 points in the 46th World Gymnastics Championship at Glasgow and may become the first gymnast from India to



complete in Olympics Games after 1964 Olympic Games at Tokyo Japan, where Indian contingent consists of Mr. Anant Ram, Mr. Trilok Singh, Mr. Yashwant More, Mr. Bhikhaji Bhonsle, Mr. Vithal Karande and Late Debashish Mondal participated last. Rakesh Patra is training under his coach Mr. Ashok Kumar Mishra. Recently, Rakesh Patra's photo appeared on the cover page of FIG Magazine which a proud to Indian Gymnast and Indian Gymnastics. Mr. Abdul Razak Gymnastics Coach & Administrator of Malaysia Gymnastics Federation also posted his photograph on Rings on Face Book as shown above.

ART: MAGA'S MAG & WAG JUDGES COURSE AT PIMPRI CHINCHWAD

Maharashtra Amateur Gymnastics Association and Pimpri Chinchwad Gymnastics Association jointly conducted FIG 13th Cycle (2013-16) State Judges Courses for MAG & WAG from 2-4th October 2015 at Kamgar Bhawan for MAG and at AB Classes for WAG at Pimpri which was attended by more than 70 delegates from different districts of Maharashtra in MAG & WAG. Mr. Sanjay Mangodekar President of PCDGA inaugurated the above judges course in presence of Mr. Deepak Kabra, Mr. Pawan Bhoir Treasurer MAGA, Mr. Sanjay Shelar Secretary PCDGA, Mr. Sandeep Joshi, Mr. Manoj Kale, Mr. Mukesh Kandalaya Secretary Akola District Gymnastics Association, Mr. Tulsiram Khadke Secretary Jalgaon District Gymnastics Association, Mr. R. V. Lokhande (SAI), Mr. Mayuresh Ekbote, Mr. Harshad Kulkarni and Mr. R. N. Mangla (SAI). Mr. Kulkarni welcomed all the guests and requested Secretary and President



Mr. Sanjay Mangodekar President of PCDGA inaugurated the above judges course in presence of Mr. Deepak Kabra, Mr. Pawan Bhoir Treasurer MAGA, Mr. Sanjay Shelar Secretary PCDGA, Mr. Sandeep Joshi, Mr. Manoj Kale, Mr. Mukesh Kandalaya Secretary Akola District Gymnastics Association, Mr. Tulsiram Khadke Secretary Jalgaon District Gymnastics Association, Mr. R. V. Lokhande (SAI), Mr. Mayuresh Ekbote, Mr. Harshad Kulkarni and Mr. R. N. Mangla (SAI). Mr. Kulkarni welcomed all the guests and requested Secretary and President

of PCDGA to honour the guests by presenting the flower bouquet and Shawl. He also requested the guests to lighten the lamp before starting the Judges courses. The PCDGA also honoured Mr. Ranjit Pawar Shiv Chhatrpati Award winner in Gymnastics. Mr. Makarand Joshi Secretary MAGA deputed Experts i. e. Mr. Pravin Dhage and Mr. Deepak Kabra FIG International Judges to conduct MAG Judges Course while Mrs. Sanjivini Purnapatre FIG International Judge to conduct WAG Judges Course. The MAG & WAG Judges examination was held on 4th October 2015 in the morning session under strict supervision of the experts and the closing ceremony took place in the evening session. Shri Balasaheb Landge Secretary Maharashtra Olympic Association (MOA) was the Chief Guest on the closing ceremony. Mr. Makarand Joshi Secretary MAGA welcomed the chief guest with the bouquet. He also welcomed Mr. Jaipal Reddy Secretary Nanded District Gymnastics Association,



Mr. Sanjog Dhole and Mr. R. V. Lokhande. Shri Balasaheb Landge in his address appreciated the efforts taken by the newly elected MAGA and PCDGA officials for such a grand successful conduct of the course and best wishes to all the participants who appeared in the examination. Mr. Landge also distributed the certificates to all the successful participants. Mr. Sanjay Mangodekar proposed the vote of thanks for the cooperation and support of all concerned to make this event a grand success.

GLASGOW (GBR), FIG Office, Oct. 19, 2015: The Vault that will take your breath away

Specialists call it the "Prodnova," named for Yelena Prodnova (RUS), who was the first to do it in competition. The gymnast approaches the table going forward and executes two front flips before landing. This Vault, which carries an exceptionally high difficulty scores (7.0), attracts only the most adventurous gymnasts, who risk heavy penalties in execution for not landing it correctly. Three gymnasts -- Oksana Chusovitina (UZB), Yamilet Pena (DOM) and Dipa Karmakar (IND) -- are the only ones daring to perform it in 46TH World Championship at Glasgow. Dipa Karmakar (IND) has upgraded her second vault, now doing a Tsukahara double full twist as well as a serviceable Prodnova.

ART/AERO/ACRO/RG: SHIV CHHATRAPATI STATE SPORTS AWARDS 2012-13 & 2013-14



The Maharashtra Government announced the recipients of Shiv Chhatrapati State Sports Awards for 2012-13 and 2013-14 on (Wednesday) 21st October 2015. State Sports Minister Mr. Vinod Tawde said that Pune-based Ramesh Vipat and Latur-based Ganpatrao Mane would receive the lifetime achievement award for 2012-13 and 2013-14, respectively. Maharashtra Sports Department started honouring Maharashtra's top Sports persons who made Maharashtra and India proud with their performances at the National and International Level by giving them Shiv Chhatrapati Sports Award from the year 1969-70 after introduction of Arjun Award in 1961 by Government of India.

Shiv Chhatrapati Best Coach Award in Gymnastics is bestowed to Mr. R. V. Lokhande from Pune in Artistic Gymnastics, Mr. Makarand Joshi from Aurangabad in Aerobic Gymnastics for the year 2012-13 while Mr. Harish Parab & Mr. Rahul Sasane Both from Mumbai Sub-urban in Artistic



Gymnastics and Acrobatic Gymnastics respectively for the year 2013-2014. Mr. Makarand Joshi is already the recipient of Shiv Chhatrapati Sportsperson Award in 1993. The following gymnasts in different categories i. e. Pune's Roma Joglekar in Artistic and Nishtha Shah in Rhythmic, Aurangabad's Sarvesh Bhale, Vivek Deshpande and Vandita Joshi in Aerobic, Mumbai's Arvind Shinde in Acrobatic Gymnastics were honoured with Shiv Chhatrapati Sportsperson Award 2012-13 while Pune's Rucha Divekar, Ajinkya Keshkar in Artistic and Madura Tambe in Rhythmic, Dombivali's Abhijit Shinde and



Mumbai's Lakshmi Pawar in Acrobatic Gymnastics for the year 2013-14. Total 46 Shiv Chhatrapati State Sports Awards for 2012-2013 and 40 Shiv Chhatrapati State Sports Awards for 2013-14 were announced by the Government of Maharashtra.



All the recipients of Shiv Chhatrapati Awards are felicitated through out the Maharashtra & wished them a grand success in future too for the upgradation of the sports of gymnastics.

ART: 46th WORLD ARTISTIC GYMNASTICS CHAMPIONSHIP, GLASGOW 2015

Indian Men & Women Gymnastics Team consists of Rakesh Kumar Patra, Ashish Kumar, Siddhartha



Verma in MAG, Dipa Karmakar in WAG along with Dr. G. S. Bawa Coach MAG, Mr. B. S. Nandi Coach WAG, Dr. Kalpana Debnath WAG Judge, Mr. Deepak Kabra MAG Judge and Mr. Habib Farooki as Manager participated in the 46th World Artistic Gymnastics Championship at SSE Hydro Glasgow from 23rd October to 1st November 2015. Approximately 468 i. e. (192 women & 276 men) gymnasts from 87 countries participated in the 46th World Championship which was the most high profile sporting event in Glasgow since 2014

Commonwealth Games and Ryder Cup. Dipa Karmakar (group-10) participated in the qualifying competition on 24th October 2015 and ranked 103/192 with the total score of 49.966 points in All-around Individual Championship (C-I) but did splendid performance in the Table Vault with (15.100+14700= 14.900) points and **qualify for the C-III along the Top 8 Gymnasts of the world i. e. Simone Biles USA (15.633), Paseka Maria Russia (15.583), Hong Un Jong North Korea (15.533), S. Giulia Swiss (15.316), Wang Yan China (15.099), Downe Elissa UK (14.949), Dipa Karmakar India (14.900) an Moreno Medina Mexico (14.899).** Dipa Karmakar is consistently improving her performance in Table Vault in every World Championship i. e. 13.150 at London in 2009, 13.433 at Tokyo in 2011, 13.866 at Antwerp, Belgium in 2013, 13.866 at Nanning China in 2014. She won Bronze Medal in Table Vault in XX CWG 2014 at Glasgow with 14.366 points and another bronze medal in TV in 6th Sr. Asian Gymnastics Championship 2014 at Hiroshima with 14.725 points which were the history created performances by an Indian Woman Gymnast. India's premier woman gymnast and Arjun Awardee **Dipa Karmakar** has written her name into the record books, and made history by becoming the first ever Indian woman to qualify for the finals in Table Vault (14.900) of World Gymnastics Championships. She participated in Competition No-III for Table Vault on 31st October 2015 and placed 5th with the final score of 14.683 points i. e. (14.066 + 15.300). She scored 15.300 in Produnova a remarkable performance, which is highest ever in Table Vault scored by her since 2009.



With her impressive list of achievements since 2007, when Dipa Karmakar stood 2nd in All around Individual Championship at 48th Junior National Gymnastics Championship at Jalpaiguri (WB) than

captured gold medal in All-around Championship at Senior National Championships at Erode in 2010 and Jaipur in 2011 continuously, Karmakar has become a trailblazer in Indian sport, carrying the torch of gymnastics in India and showing the way forward to the young budding gymnasts of our country.

India's Rakesh Kumar Patra, Ashish Kumar and Siddharth Verma (Group-5) participated in qualifying competition on 26th October 2015 and ranked 90/182 with 80.864, 159/182 with 75.014 and 160/182 with 74.998 points respectively. Rakesh Kumar Patra performed fantastically in the championship with his full vigour and strength and consistently given an improved performance on Rings in every World Championship since 2010 i. e. 13.600 at Tokyo in 2011, 13.633 at Antwerp, Belgium in 2013, 14.133 at Nanning China in 2014 and 13.866 at Glasgow in 2015 but could not qualify in any of the event for C-III. Let's hope for the call for Olympic Test Event to Rakesh Kumar Patra as Reserve 1 while Dipa Karmakar as Reserve 2. 46th World Artistic Gymnastics Championship Glasgow 2015 was broadcasted in more than 67 countries worldwide.

Men's Artistic Gymnastics

SN	NAME	FX	PH	RR	TV	PB	HB	AA	RANK
1	Rakesh Patra	13.033	12.233	13.866	14.233	14.366	13.133	80.864	90/182
2	Ashish Kumar	13.616	11.633	10.566	14.433	12.600	12.166	75.014	159/182
3	Siddharth V.	12.800	13.000	9.400	13.266	13.633	12.833	74.998	160/182

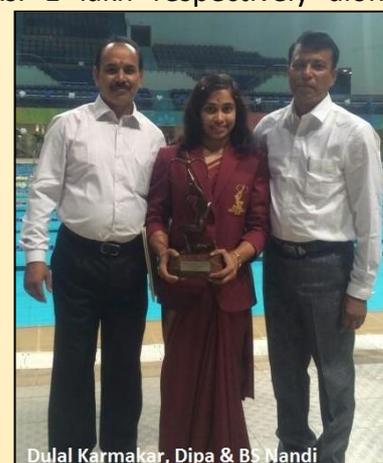
Women's Artistic Gymnastics

SN	NAME	TV	UB	BB	FX	TOTAL	RANK
1	DIPA KARMAKAR C-I	1. 15.100 2. 14.700 Ave=14.900	10.00	12.333	12.533	49.966	103/192
2	DIPA KARMAKAR C-III	1. 15.300 2. 14.066 Ave=14.683					5/8

After return from 46th World Artistic Gymnastics Championship Glasgow 2015, The Golden Girl of



Tripura Dipa Karmakar and her coach Mr. B. S. Nandi were felicitated by Government of Tripura with a cash award of Rs. 1.5 lakh and Rs. 1 lakh respectively along with



departmental promotion as Sports Officer to Dipa Karmakar and Assistant Director to Mr. B. S. Nandi. In addition to above Tripura Cricket Association also honoured to Dipa Karmakar and Mr. Bishweshwar Nandi with cash award of Rs. 15 lakh and Rs. 5 lakh respectively and **as a citizen of India I believe** that Government of India in future may honour with 2016 Dronacharya Award for

coaches to Mr. B. S. Nandi for his remarkable achievements, which is incredible history in Indian Gymnastics. The every citizen of Tripura and India feel proud on you both. **(In above picture Dipa is seen with her Father Mr. Dulal Karmakar & Coach Mr. BS Nandi)**. Mr. Deepak Kabra FIG International Judge in MAG from India was the youngest judge among the International Judges who were invited to evaluate the performances of the World's Elite Gymnasts in the 46th World Artistic Gymnastics Championship at Glasgow 20115. Mr. Deepak Kabra acted as judge in Competition No-I as well as Competition No-II in different events. Dr. Kalpana Debnath FIG International Judge in WAG also acted as judge in Competition No-II in women gymnastics, which is an incredible performance being the Indian Judges at World's

ART: FIG ACADEMY LEVEL 2 FOR MAG & WAG COACHES IN QATAR 2015

Gymnastics Federation of Qatar hosted a Level 2 Academy for Men's and Women's Artistic



Gymnastics in the new Qatar Gymnastics Centre in the capital city of Doha from November 11 and 18, 2015. It was the fifth time that Qatar has hosted an FIG Academy and attended by 18 coaches' i. e. (8 in MAG & 10 in WAG) from ten different federations – **Egypt, France, Indonesia, India, Iran, Jordan, Lebanon, Philippines, South Africa and Yemen** including Pravin Dhage, Himanshu Dave in MAG and Ms. Suparna Das in WAG from India. In

addition, a coach from **Palestine** attended full time as an observer. Uniquely, this was the first time in 212 Academies that the host federation did not register any of its own citizens.

The course leader was **Chris Evans** of Great Britain who is an osteopath and Women's Artistic Gymnastics coach and has served as FIG expert at numerous Academies. He taught all of the theory lectures while practical were taken by **Rick McCharles** of Canada. Later, **Lilia Ortiz Lopez** of Mexico joined them to teach women's apparatus as well as choreography and music lectures. The highest examination result for men and for the course overall was achieved by Cyril Zamora of France. The second and third highest results both went to women's Gymnastics coaches – Maria Barakat of Jordan and Anna Francesca Cruz of the Philippines respectively which was in the range from 50-93%.

ART: FIG ACADEMY LEVEL-I FOR MAG & WAG COACHES IN WUHAN, CHINA



Just over one year ago, FIG President Bruno Grandi (ITA) and General Secretary André Gueisbuhler inaugurated the first FIG International Gymnastics College at the Wuhan Sports University (WSU), China and Gymnastics Federation of the People's Republic of China hosted a FIG Academy Level 1 for Artistic Gymnastics (Men & Women) from 9-16 December 2015 at FIG International Gymnastics College at Wuhan Sports University China. 20 MAG and 11 WAG coaches from ten FIG member federations i. e. Bangladesh, China, Hong Kong, India,



Iran, Malaysia, Pakistan, Philippines and Singapore participated in the above course including Sukhwinder Singh Saini, B. L. Bayaskar, Pawan Bhoir and Ajit Jharande from India. In addition, a coach representing Singapore but with Canadian citizenship attended as an observer. Bangladesh attended an Artistic Gymnastics Academy for the first time and became the 100th country to do so. The examination at the end of the Academy consisted of a two-part examination that includes theory and practical examination involving

the teaching of a Men's or Women's Artistic Gymnastics skills to the rest of the participants. An identical highest result for the course was achieved by three MAG coaches i. e. Sukhwinder Singh Saini of India, Soong Park Loh of Malaysia and Yan Jin Cheng of Singapore.

DON'T LIMIT YOUR CHALLENGES CHALLENGE YOUR LIMITS

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