

ACHIEVEMENTS OF PUNJAB POLICE GYMNASTIC TEAM

1994

NORTH ZONE POLICE GAMES-JALANDHAR

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|---------------------|--|
| 1.SI.Sohan Lal      | Ist in Horizontal Bar<br>Ist in Floor Exercise<br>2nd in Vaulting Horse<br>Declared All Round Best<br>Gymnast of the Meet  |
| 2.SI.Gurmukh Singh  | Ist in Pommelled Horse<br>Ist in Parallel Bar<br>2nd in Vaulting Horse<br>2nd in Roman Rings<br>3rd in Floor Exercise<br>Declared 2nd All Round Best<br>Gymnast of the Meet. |
| 3.HC.Ravinder Kumar | 2nd in Horizontal Bar<br>2nd in Floor Exercise<br>2nd in Pommelled Horse<br>2nd in Parallel Bar<br>3rd in Roman Rings<br>Declared 3rd All Round Best<br>Gymnast of the Meet. |
| 4.HC.Davinder Singh | 2nd in Horizontal Bar  |

Gymnastic

XLIII ALL INDIA POLICE GAMES-JAIPUR-1994

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|-----------------------|--|
| 1.SI.Rajesh Kumar     | Ist in Horizontal Bar<br>Ist in Roman Rings<br>3rd in Parallel Bar |
| 2.SI.Sohan Lal        | 3rd in Vaulting Horse  |
| 3.SI.Gurmukh Singh    | 2nd in Pommelled Horse   |
| 4.HC.Davinder Singh   | 2nd in Vaulting Horse  |
| 5.HC.Rajinder Parshad | 3rd in Pommelled Horse   |

SENIOR NATIONAL GYMNASTIC CHAMPIONSHIP-PATIALA

- |                        |  |
|------------------------|--|
| 1.SI.Rajesh Kumar      | Declared Best Gymnast<br>of the Meet   |
| 2.L/ASI.Parveen Sharma | 2nd in Vaulting Horse<br>Declared 2nd All Round<br>Best Gymnast of the Meet  |
| 3.L/ASI.Jaswant Kaur   | Ist in Vaulting Horse<br>Ist in Balancing Beam<br>Ist in Floor Exercise<br>2nd in Parallel Bar<br>Declared All Round<br>Best Gymnast of the Meet |

3RD NATIONAL GAMES-PUNE

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- 1.SI.Vikas Sabharwal Declared Best Gymnast  
of the Meet
- 2.L/ASI.Parveen Sharma 3rd in Vaulting Horse
- 3.L/ASI.Jaswant Kaur Ist in Vaulting Horse  
Ist in Parallel Bar

WOMEN NATIONAL GYMNASTIC CHAMPIONSHIP-HISSAR

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- 1.L/ASI.Parveen Sharma 3rd in Parallel Bar  
2nd in Floor Exercise
- 2.L/ASI.Jaswant Kaur Ist in Vaulting Horse  
Ist in Balancing Beam  
Declared 2nd All Round  
Best Gymnast of the meet

1995

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XLIV ALL INDIA POLICE GAMES-JALANDHAR-1995

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- 1.HC.Rajinder Parshad Ist in Vaulting Horse  
Ist in Floor Exercise  
2nd in Pommelled Horse
- 2.HC.Avdesh Kumar 2nd in Vaulting Horse  
3rd in Floor Exercise
- 3.HC.Narinder Kumar Ist in Parallel Bar
- 4.Inspr.Vikas Sabharwal Ist in Pommelled Horse  
Ist in Horizontal Bar.  
Ist in Roman Rings  
2nd in Parallel Bar  
Declared All Round Best  
Gymnast of the Meet
- 5.Inspr.Rajesh Kumar 2nd in Roman Rings
- 6.HC.Ravinder Kumar 3rd in Roman Rings

FEDERATION CUP GYMNASTIC CHAMPIONSHIP-HYDERABAD

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- 1.Inspr.Vikas Sabharwal Declared All Round Best Gymnast  
of the Meet
- 2.L/ASI.Jaswant Kaur Declared All Round Best Gymnast  
of the Meet

1996

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XLV ALL INDIA POLICE GAMES-NEW DELHI-1996

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- 1.Inspr.Vikas Sabharwal 2nd in Pommelled Horse  
Ist in Roman Rings  
Ist in Parallel Bar
- 2.Inspr.Rajesh Kumar 2nd in Roman Rings  
2nd in Horizontal Bar
- 3.ASI.Rajinder Parshad 2nd in Floor Exercise  
Declared 2nd All Round  
Best Gymnast of the Meet
- 4.CT.Vikrant Sharma 3rd in Floor Exercise

The undermentioned Punjab Police Gymnasts Participated in the North England open Invitation tournament held at England and team secured 2nd position.

- 1.Inspr. Rajesh Kumar
- 2.Inspr.Vikas Sabharwal
- 3.SI.Gurmukh Singh
- 4.ASI.Rajinder Parshad
- 5.Inspr.Kulwinder Singh (Coach)

ASI.Rajinder Parshad Participated in the Ist open Asian Gymnastic Championship held at China.

#### Gymnastic

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1997

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#### SENIOR PUNJAB STATE GYMNASTIC CHAMPIONSHIP-AMRITSAR

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- |                        |                        |
|------------------------|------------------------|
| 1.ASI.Rajinder Parshad | Ist in Floor Exercise  |
|                        | Ist in Parallel Bar    |
|                        | Ist in Horizontal Bar  |
| 2.CT.Vikrant Sharma    | 2nd in Floor Exercise  |
|                        | 2nd in Pommelled Horse |
|                        | Ist in Vaulting Horse  |
|                        | 3rd in Horizontal Bar  |
| 3.HC.Ravinder Kumar    | Ist in Pommelled Horse |
|                        | 2nd in Parallel Bar    |
| 4.CT.Kuldip Kumar      | 2nd in Horizontal Bar  |

#### 4TH NATIONAL GAMES-BANGALORE

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|-------------------------|------------------------|
| 1.HC.Vikrant Sharma     | 2nd in Floor Exercise  |
| 2.ASI.Rajinder Parshad  | Ist in Pommelled Horse |
| 3.Inspr.Rajesh Kumar    | Ist in Roman Rings     |
| 4.Inspr.Vikas Sabharwal | 3rd in Roman Rings     |
|                         | Ist in Paralel Bar     |
|                         | 2nd in Pommelled Horse |
| 5.CT.Kuldeep Kumar      | 3rd in Horizontal Bar  |
| 6.L/SI Jaswant Kaur     | Ist in Vaulting Horse  |
|                         | 3rd in Uneven Bar      |

Note:-Punjab State Gymnastic Team Won the overall Championship with 250 Points

ASI.Rajinder Parshad of Punjab Police was Declared the all Round Best Gymnast of the Championship.

#### NATIONAL GYMNASTIC CHAMPIONSHIP-JALANDHAR

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|-------------------------|----------------------------|
| 1.Inspr.Vikas Sabharwal | All Round Best Gymnast     |
|                         | 2nd in Parallel Bar        |
| 2.ASI.Rajinder Prashad  | 2nd All Round Best Gymnast |
|                         | Ist in Horizontal Bar      |
|                         | 2nd in Pommelled Horse     |
|                         | 2nd in Floor Exercise      |
| 3.HC.Vikrant Sharma     | 3rd in Parallel Bar        |
| 4.SI.Jaswant Kaur       | All Round Best Gymnast     |
|                         | Ist in Balancing Beam      |

5.CT.Neeru Jawalia Ist in Vaulting Horse  
2nd in Floor Exercise  
Ist in Floor Exercise

46TH ALL INDIA POLICE GAMES-DELHI-1997

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1.Inspr.Vikas Sabharwal Ist in Pommelled Horse  
3rd in Roman Rings  
2.ASI.Rajinder Prashad Ist in Vaulting Horse  
3.HC.Ravinder Kumar 3rd in Parallel Bar  
4.CT.Kuldeep Kumar Ist in Horizontal Bar

Note :-Punjab Police Gymnastic Team Secured 2nd Position

1998

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SAARC INTERNATIONAL CHAMPIONSHIP

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1.L/SI.Jaswant Kaur Ist in Vaulting Horse  
2.ASI.Rajinder Prashad All Round Best 3rd Gymnast

47TH ALL INDIA POLICE GAMES-Madhuban-1998

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1.Inspr.Vikas Sabharwal Jt Ist in Pommelled Horse  
3rd in H.Bar  
2.ASI.Rajinder Prashad Ist in Horizontal Bar  
3rd in Vaulting Horse  
Jt Ist in P.Horse  
2nd in P.Bar  
Declared All Round 2nd Best Gymnast  
3.HC.Ravinder Kumar Jt 3rd in P.Horse  
2nd in H.Bar  
4.HC.Kuldeep Kumar Ist in Roman Rings  
5.HC.Narinder Singh Jt 3rd in P.Horse  
6.HC.Vikrant Sharma 3rd in Horizontal Bar

Note :-Punjab Police Gymnastic Team Overall Jt Winner

1999

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SENIOR NATIONAL GYMNASTIC CHAMPIONSHIP-UDAIPUR

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1.ASI.Rajinder Parshad 2nd in Pommelled Hores  
Declared 2nd All Round Best Gymnast  
2.Inspr.Vikash Sabharwal 4th in Pommelled Horse  
3 HC..Narinder Kumar 4th Paraller Bar  
4.HC.Kuldeep Kumar Declared 5th All Round Best Gymnast

5TH NATIONAL GAMES

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1.ASI.Rajinder Prashad 2nd in Parallel Bar  
3rd in Harizontal Bar  
All Round 2nd Best Gymnest

FEDERATION CUP-NEW DELHI

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1.ASI.Rajinder Parshad 3rd in Floor Exercise

3rd in Roman Ring  
 All Round 3rd Best Gymnast  
 2.HC.Kuldeep Kumar 3rd in Horizontal Bar  
 Team 2nd in this Championship

48TH ALL INDIA POLICE GAMES-JALANDHAR 26TH TO 30 OCT-1999  
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1.HC.Kuldeep Kumar Ist in Roman Rings  
 Jt.2nd in Pommel Horse  
 Ist in Horizontal Bar  
 3rd in Parallel Bar  
 Declared All Round 2nd Best Gymnast  
 2.ASI.Rajinder Prashad 3rd in Horizontal Bar  
 2nd in Vaulting Horse  
 Ist in Pommel Horse  
 Ist in Parallel Bar  
 2nd in Roman Rings  
 Ist in Floor Exercise  
 Declared All Round Best Gymnast  
 3.HC.Vikrant Sharma 3rd in Roman Rings  
 Jt.Ist in Vaulting Horse  
 2nd in Floor Exercise  
 Declared All Round 3rd Best Gymnast  
 4.HC.Narinder Singh 3rd in Vaulting Horse  
 2nd in Pommel Horse  
 5.HC.Ravinder Kumar Jt.Ist in Pommel Horse  
 6.CT.Lalit Kumar 2nd in Parallel Bar  
 7.CT.Som Nath Jt.3rd in Horizontal Bar

Note :-Punjab Police Gymnastic Team Won Championship with 593.55 Points

2000  
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FEDERATION CUP-UJJAIN FROM 26th to 28th May  
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Individual All Round Champion  
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1.HC.Kuldeep Kumar 5th  
 2.SI.Rajinder Prashed 8th

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

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

Team Position 3rd  
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31TH NATIONAL GAMES PUNJAB FROM 19TH NOV. TO 1ST DEC.  
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1.SI.Rajinder Prashad Participation  
 2.HC.Kuldip Kumar 2nd in Roman Rings

3.HC.Ravinder Kumar	Participation
4.CT.Jaideep Sharma	3rd in Harizational Bar
5.CT.Paramjit Singh	Participation
6.CT.Latish Kumar	Participation

Team Secured 2nd Postion

2002

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

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1.HC.Kuldip Kumar	Participation
2.HC.Ravinder Kumar	Participation
3.C-II Lalit Kumar	Participation
4.C-II Paramjit Singh	3rd in Romman Ringh
	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	

Team Secured 2nd Postion

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 Harse
4.C-II Lalit Kumar	3rd in Roman Rings
5.HC.Paramjit Singh	3rd in Pommelled Harse
Team Postion	2nd

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

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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 Secured 2nd Postion

2003

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

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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 Secured 3rd Postion

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

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

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

Team Secured 2nd Position

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

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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 Parellel 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.

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1.C-II.Jaideep Sharma	1st in Floor Exercise. 3rd in Valuting Table. 3rd in Horizontal Bar.
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2.CT.Satish Ram Dass	2nd in Floor Exercise. 1st in Parallel Bars.
3.C-II.Bhupinder Kumar	1st in Valuting Table.
4.CT.Gaurav Kumar	2nd in Valuting 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 Roamn Rings.
10.C-II.Gourav Sharma	1st in Roman Rings.

TEAM POSITIONS

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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 Parller 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

GYMNASTICS

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.<br>3rd in Roman Ring. |
| 2. HC.Gourav Sharma      | 2nd in Roman Ring                          |
| 3. HC.Jaideep Sharma     | 3rd in Parllel 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

2006

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.<br>3rd in Parllel 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 4th Position

Gymnastics

55th All India Police Games-2006 held at Jalandhar  
from 09.10.2006 to 13.10.2006.

Team Secured 1st Position with 499.70 Points.

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|--------------------------|--|
| 1. HC.Kuldeep Kumar      | 1st in Team Championship<br>1st in All Round Best Gymnast.<br>3rd in Horizontal Bar. |
| 2. HC.Paramjit Singh     | 1st in Team Championship<br>3rd in Roman Rings.                                      |
| 3. HC.Jaideep Sharma     | 1st in Team Championship<br>3rd in All Round Best Gymnast.<br>3rd in Floor Exercise. |
| 4. HC.Gaurav Sharma      | 1st in Team Championship<br>1st in Roman Rings.                                      |
| 5. Ct.Akashdeep Singh    | 1st in Team Championship<br>2nd in All Round Best Gymnast.<br>3rd in Pommeled Horse. |
| 6. Ct.S.Ramdass          | 1st in Team Championship<br>3rd in Vaulting Table.                                   |
| 7. Ct.Gaurav Kumar       | 1st in Team Championship   |
| 8. Ct.Akashdeep          | 1st in Team Championship   |
| 9. Ct.Amanjivanjot Singh | Participation  |
| 10. ASI.Lalit Kumar      | Participation  |
| 11. SI.Sukhmander Singh  | As a Coach   |
| 12. Ct.Naresh Kumar      | As a A/Coach   |

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

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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 Pommel 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.

58th All India Police Games-2009 held at Pune (Maharashtra)  
from 06.04.2010 to 10.04.2010

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- |                         |  |
|-------------------------|--|
| 1. ASI Kuldeep Kumar    | 2nd in Roman Ring<br>Team 2nd  |
| 2. HC Jaideep Sharma    | 3rd in Floor Exercise<br>Team 2nd<br>Overall 3rd Best Gymnast                            |
| 3. HC Paramjit Singh    | 1st in Pommel Horse<br>Team 2nd  |
| 4. HC Gaurav Sharma     | 2nd in Roman Ring<br>Team 2nd  |
| 5. HC Gaurav Kumar      | 1st in Pommel Horse<br>2nd in Horizontal Bars<br>Team 2nd                                |
| 6. CT N.Satish Ramdas   | 2nd in Horizontal Bars<br>1st in Parallel Bars<br>Team 2nd<br>All Round 2nd Best Gymnast |
| 7. CT Akashdeep         | Team 2nd   |
| 8. CT Sanjeev Kumar     | Participation  |
| 9. CT Pardeep           | 2nd in Parallel Bars<br>Team 2nd   |
| 10. CT Vishal Deep      | Participation  |
| 11. SI Sukhmander Singh | Team 2nd (As a Coach)  |
| 12. C-II Naresh Kumar   | Team 2nd (As a A/Coach)  |

Team secured 2nd position

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62nd All India Police Wrestling Cluster-2013  
held at Ranchi (Jharkhand) from 09.12.2013 to 13.12.2013

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|------------------------|--|
| 1. ASI Paramjit Singh  | 3rd (All Round Best Gymnast)<br>Team 2nd                 |
| 2. HC N.Satish Ramdass | 2nd in Pommelless Horse<br>Team 2nd                      |
| 3. HC Gaurav Kumar     | 2nd in Roman Ring<br>3rd in Pommelless Horse<br>Team 2nd |
| 4. Ct. Arun Kumar      | 3rd in Floor Exercise<br>Team 2nd                        |
| 5. ASI Kuldeep Kumar   | Team 2nd   |
| 6. Ct. Gurjinder Singh | Team 2nd   |
| 7. Ct. Mandeep Singh   | Team 2nd   |
| 8. Ct. Sanjeev Kumar   | Team 2nd   |
| 9. Insp. Gurmukh Singh | Team 2nd as a Coach                                      |
| 10. HC Naresh Kumar    | Team 2nd as a Asstt.Coach                                |

Punjab Police Gymnastics team overall 2nd Position

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Senior National Championship held at Ranchi  
from 03.06.14 to 05.06.14

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|------------------------|---------------|
| 1. ASI Kuldeep Kumar   | Participation |
| 2. HC Gaurav Kumar     | Participation |
| 3. Ct. Arun Kumar      | Participation |
| 4. Ct. Gurjinder Singh | Participation |
| 5. Ct. Mandeep Singh   | Participation |
| 6. Insp. Gurmukh Singh | As a Coach    |

Gymnastics

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63rd All India Police Wrestling Cluster-2014  
held at New Delhi from 01.03.2015 to 05.03.2015

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|------------------------|--|
| 1. ASI Kuldeep Kumar   | Team 2nd   |
| 2. ASI Paramjit Singh  | Team 2nd   |
| 3. HC Gaurav Kumar     | Team 2nd   |
| 4. HC Akashdeep        | Team 2nd   |
| 5. HC N.Satish Ramdass | 2nd in Pommelless Horse<br>Team 2nd                    |
| 6. CT Mandeep Singh    | 1st in Roman Rings<br>3rd in Parallel Bars<br>Team 2nd |
| 7. CT Gurjinder Singh  | 2nd in Parallel Bars<br>3rd in Roman Rings<br>Team 2nd |
| 8. CT Arun Kumar       | 3rd in Floor Exercise<br>Team 2nd                      |
| 9. CT Sanjeev Kumar    | Team 2nd   |

10.	CT Gaurav Sharma	Team 2nd
11.	HC Naresh Kumar	Team 2nd as a A/Coach
12.	SI Sukhmander Singh	Team 2nd as a A/Coach
13.	Inspr Gurmukh Singh	Team 2nd as a Coach

**64<sup>TH</sup> ALL INDIA POLICE WRESTLING CULSTER-2015 AT MADHUBAN FROM 7<sup>TH</sup> TO 11<sup>TH</sup> DECEMBER- 2015**

1.	HC GOURAV KUMAR NO. 4-IRB/149	1 <sup>st</sup> in Pommel Horse
2.	HC N.SATISH RAM DASS NO. 2-CDO/99	2 <sup>nd</sup> in Pommel Horse
3.	CT MANDEEP SINGH NO. 1616/JAL	3 <sup>rd</sup> in Roman Ring
4.	CT GURJINDER SINGH NO. 1677/JAL	3 <sup>rd</sup> in Vaulting Table
5.	CT ARUN KUMAR NO. 1840/BTL	2 <sup>nd</sup> in High Bar

**TEAM CHAMPIONSHIP**  
**RUNNERS UP- PUNJAB POLICE**

**SHAHEED BHAGAT SINGH GAMES WEIGHT LIFTING (MEN & WOMEN)  
CHAMPIONSHIP AT PATIALA FROM 14<sup>TH</sup> TO 19<sup>TH</sup> FEBRUARY- 2016**

- |                       |  |
|-----------------------|--|
| 1. Ct Arun Kumar      | 1 <sup>st</sup> in Table Vaulting<br>2 <sup>nd</sup> in Floor Ex.<br>2 <sup>nd</sup> in Roman Rings<br>3 <sup>rd</sup> in Pommel led Horse |
| 2. Ct Gurjinder Singh | 1 <sup>st</sup> in Roman Rings<br>2 <sup>nd</sup> in Pommel led Horse  |

**TEAM CHAMPIONSHIP**  
**TEAM SECURED 3<sup>RD</sup> POSITION**