



3rd All India Police Judo Cluster 2018

Utkarsh

Organised by: ODISHA POLICE

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उत्कर्ष



3rd ALL INDIA POLICE JUDO CLUSTER CUTTACK, ODISHA 15 - 19 November, 2018



Organised by
ODISHA POLICE



ଓଡ଼ିଶା ସରକାର



ସର୍ବଭାରତୀୟ କ୍ରୀଡ଼ା ପ୍ରତିଯୋଗିତା ଆୟୋଜନରେ ଓଡ଼ିଶାର ଆଉ ଏକ କୃତିତ୍ବ ।

କଟକଠାରେ ନଭେମ୍ବର ୧୫ରୁ ୧୯ ପର୍ଯ୍ୟନ୍ତ
ଓଡ଼ିଶା ପୋଲିସ ଆୟୋଜନ କରୁଛି ତୃତୀୟ
ସର୍ବଭାରତୀୟ ଜୁଡ଼ୋ କ୍ଲଷ୍ଟର ୨୦୧୮ ।

ଏହି ସର୍ବଭାରତୀୟ ପ୍ରତିଯୋଗିତାରେ
ଅଂଶଗ୍ରହଣ କରୁଛନ୍ତି ଦେଶର ୩୩ଟି ରାଜ୍ୟ
ପୋଲିସ୍ ଓ କେନ୍ଦ୍ରୀୟ ପୋଲିସ୍ ବଳରୁ
୧୨୦୦ ପ୍ରତିଯୋଗୀ ।

ସମସ୍ତ ପ୍ରତିଯୋଗୀଙ୍କୁ ସ୍ବାଗତ ।

ସୁଚନା ଓ ଲୋକସମ୍ପର୍କ ବିଭାଗ



Hon'ble Chief Minister, Odisha welcomes the participants of 3rd All India Judo Cluster 2018



3rd All India Police Judo Cluster 2018



3rd All India Police Judo Cluster 2018 *Curtain Raiser*

14th November, 2018 at J.N. Indoor Stadium, Cuttack



Curtain Raiser





Curtain Raiser



3rd All India Police Judo Cluster 2018





Dr. R.P. Sharma, IPS
DGP, Odisha & Chairman, Organising Committee

Foreword

It is a matter of great pride and honour that Odisha Police is hosting the prestigious 3rd All-India Police Judo Cluster 2018. Over the years Odisha Police has developed into a futuristic and dynamic entity. Its success in tackling Left Wing Extremism and capacity building to deal with natural disasters like cyclones and floods has been appreciated at various forums. Under the leadership of Hon'ble Chief Minister, Shri Naveen Patnaik, Odisha has successfully hosted Asian Athletic Championship last year and is going to host Men's Hockey World Cup this year. Odisha Police has also successfully hosted All India Police Shooting Competition on more than one occasion.





Sports has always been an integral part of Police and such championships contribute immensely towards promoting team spirit, camaraderie and sense of discipline amongst policemen. The modern and efficient police force needs to be agile, skilled, mentally and physically strong. Combat sports represent these very fitness values. They also inspire physical fitness in police force and youth of our country in general.

‘Olly’ which is the Mascot for World Cup Hockey is also adopted by us as Mascot for this Judo Cluster Championship. ‘Olly’ stands for endangered ‘Olive Ridley Turtles’ which traverse thousands of kilometres and come to coast of Odisha for laying and hatching eggs. ‘Olly’ symbolises perseverance, determination, enthusiasm, never give up attitude, precision and clarity of objective. This is equally true for police forces who need the same characteristics in maintaining peace, harmony and security in the society.

There are 31 teams and more than 1,100 players participating in various events in this championship. The wide participation of many State and Central police forces is heartening and encouraging sign.

We have ensured state of the art arrangement for the championship. I am sure this championship will provide opportunity to the participants to showcase their best talent and camaraderie.

I wish this 3rd All-India Judo Cluster all the very best in fostering healthy competition and brotherhood amongst various police forces in the country.

Jai Hind.

Rajendra H

(Dr. R.P. Sharma)



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DGP, Odisha

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Vice-Chairman



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M. Venkaiah Naidu
Vice President of India




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MESSAGE

The Hon'ble Vice President of India is happy to know that Odisha Police is organizing the 3rd All India Police Judo Cluster-2018 from November 15-19, 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

The Hon'ble Vice President extends his greetings and congratulation to the organizers and the participants and wishes the event all success.

22nd October 2018


(Dr. Prasanth Kumar Reddy)
Private Secretary
To The Vice President of India





Narendra Modi
Prime Minister



Prime Minister's Office
New Delhi

MESSAGE

It is heartening to learn that Odisha Police is organising the 3rd All India Police Judo Cluster at Cuttack.

The sacrifice, dedication and commitment of police personnel form the core of our nation's security. The nation is grateful to the police force for working round-the-clock to maintain peace and security within the country. Their service in providing relief during times of natural disasters is praiseworthy.

Participation in sports is a natural means of self-expression for police personnel. The organisation of Judo Cluster provides the force with an opportunity to hone martial skills in a sporting environment. I am sure that police personnel from the rank and file of Odisha Police will participate in Judo Cluster in large numbers to make it a singular success.

Best wishes for a successful 3rd All India Police Judo Cluster and the Souvenir being brought out to mark the occasion.

6th November 2018



(Narendra Modi)





Prof. Ganeshi Lal
Governor, Odisha



RAJ BHAVAN
BHUBANESWAR - 751008

MESSAGE

I am glad to know that Odisha Police is organising the 3rd All India Police Judo Cluster - 2018 on November 15 - 19, 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack. A Souvenir is also being brought out to mark the occasion.

It is an honour for Odisha Police to host such a mega event in the State. The event will further boost the image of Odisha as a most preferred destination of national and international sporting events in the country. It would be a unique opportunity for sports lovers in the State to watch and witness excellent skill and temperament of participants from across the country. I send my best wishes to the participants and Odisha Police.

I wish the 3rd All India Police Judo Cluster-2018 and publication all success.

7th October 2018

Ganeshi Lal
(Ganeshi Lal)





Rajnath Singh
Home Minister
India

Ministry of Home Affairs
Government of India
New Delhi-110001


MESSAGE

I am very happy to note that the Odisha Police is organizing the "3rd All India Police Judo Cluster-2018" from 15th to 19th November, 2018 at Cuttack, Odisha and that a Souvenir is also being published to mark the event.

Sports is an important component in development of human personality and it builds the right spirit besides inculcating a sense of comradeship. Judo among other sports is very significant due to its special skills and execution. I hope the event will enable participants to showcase their talents and I am confident that new champions emerge out of it.

I convey my best wishes to all the participants and Police Department of Odisha. I wish the All India Police Judo Cluster-2018 a grand success.

20th October 2018


(Rajnath Singh)





Naveen Patnaik
Chief Minister, Odisha



Chief Minister's Office
Bhubaneswar

MESSAGE

I am glad to know that Odisha Police is organising the 3rd edition of All India Judo Cluster-2018 at Cuttack.

Judo, Taekwondo and Wushu are energetic and dynamic combat sports which demand exacting physical and mental standards whereas Gymnastic requires demonstration of strength, agility, coordination, skill and balance. All these events are very much relevant to police personnel while tackling antisocial and criminals in the course of their duties.

I am sure that the Championship will expose the police personnel and youth of our State to these relatively new sports and increase their participation in such events.

I wish 3rd All India Police Judo Cluster-2018 all success.


(Naveen Patnaik)





Minsitry of
Youth Affairs & Sports
Government of India
New Delhi

Col Rajyavardhan Rathore, AVSM (Retd.)

Minister of State (IC)
Youth Affairs & Sports
and
Information & Broadcasting
Government of India

MESSAGE

It is a matter of great pleasure that Odisha Police is organising 3rd All India Police Judo Cluster-2018 from 15th to 19th November 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

Sports and games have always enjoyed the patronage of various Police Forces over the years and several police personnel have made their unit and the country feel proud with the record breaking performances. In addition, these activities promote physical fitness and esprit de corps amongst all the ranks and files, which are vital to the uniformed outfits.

I am also happy to know that a Souvenir is also being brought out to commemorate the event. I hope, the efforts of the Odisha Police will be fruitful and the participants will get a chance to showcase their talent. I extend my best wishes to the Organizer and Participants.

5th November 2018



(Col. Rajyavardhan Rathore)





Chandra Sarathi Behera

Minister of State (Ind. Charge)
Electronics & Information Technology
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Odisha

State Secretariat, Odisha
Bhubaneswar
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MESSAGE

It gives me immense pleasure to know that 3rd All India Police Judo Cluster-2018 is being organised by Odisha Police from 15th to 19th November, 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack and a Souvenir is being brought out to commemorate the event.

I believe such an event will inspire and encourage others to organise such programmes. I also extend my heartfelt congratulations to the participants and sports activists.

I wish all the success of the programme and publication of the Souvenir.

20th October 2018

(Chandra Sarathi Behera)





Rajiv Jain
Director, IB
&
Chairman
All India Police Sports
Control Board

Intelligence Bureau
(Ministry of Home Affairs)
Government of India
New Delhi

MESSAGE

I am delighted to learn that the Odisha Police is organising the 3rd All India Police Judo Cluster-2018 in the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

Judo has emerged as a popular and sought-after sport. It also enjoys tremendous popularity worldwide. Besides ensuring quick reflexes of body & mind, Judo is meditative in nature and helps relieve stress. I am sure that the Championship will evoke enthusiastic participation and healthy competition, delighting sports-lovers.

I wish the Championship, its participants and organisers a grand success.

24th September 2018



(Rajiv Jain)





Aditya Prasad Padhi, IAS
Chief Secretary, Odisha



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Bhubaneswar

MESSAGE

I am glad to know that the 3rd All India Police Judo Cluster is being organized in the historic city of Cuttack from 15th to 19th November, 2018 under the auspices of Odisha Police and a Souvenir is being brought out to commemorate the occasion.

Odisha is fast emerging as the sports capital of India. Government of Odisha have come up with a number of promotional policies, supporting institutions and enhanced fiscal provisions for fostering a new culture of sports & youth services in the State. After successful organization of the Asian Athletic Championship in 2017, the State is going to host the grand Odisha Men's Hockey World Cup from 28th November to 16th December, 2018. Organization of All India Police Judo Cluster in Odisha is very appropriate from the view point of its timing and context.

I compliment the efforts of Odisha Police for organization of this mega event and wish it all success.


(A.P. Padhi)





Asit Tripathy, IAS

Additional Chief Secretary, Home
Government of Odisha

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Bhubaneswar

MESSAGE

I am happy to learn that the Odisha Police is organizing 3rd All India Police Judo Cluster 2018 from 15.11.2018 to 19.11.2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack and will bring out a Souvenir to commemorate the occasion.

Regular practice of Judo by policemen is ideal as it will keep them physically fit in real-life and help in their chaotic, high-stress life. It will also serve as a toolkit in handling extremely vulnerable individuals for which weapons may be the wrong answer.

I wish all success to the 3rd All India Police Judo Cluster - 2018 and publication of the Souvenir.

28th September 2018



(Asit Tripathy)





Directorate General
Assam Rifles
Laitkor
Shillong-783010

Lt. Gen Sukhdeep Sangwan, SM**
Director General of Police
Assam Rifles

MESSAGE

The Police Forces have always been at the forefront of sports in the country and the 3rd All India Police Judo Cluster-2018 is another step in this direction. The Championship under the aegis of Odisha Police will go a long way in encouraging Martial Arts Sports enthusiasts across the Police Forces. The Championship highlights the potential of sports as a great integrator and will certainly help in promoting sportsmanship and team spirit among the Police Forces from different parts of our nation. These events create bonhomie and act as a great opportunity for social interaction between the various Police Forces.

I extend my best wishes to all the participants and Odisha Police, the organizers of this event.

(Sukhdeep Sangwan)

31st October 2018





Dr. A.P. Maheshwari, IPS
Director General
Bureau of Police Research
and Development



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MESSAGE

I am immensely happy to know that the Odisha Police is organizing the 3rd All India Judo Cluster-2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15.11.2018 to 19.11.2018 and a souvenir is being brought out to mark this mega event.

I firmly believe that such events not only provide an opportunity for a healthy competition but also facilitate exchange of ideas and training techniques in a cordial and relaxed atmosphere. It will be a unique learning experience for all the participants. Police sporting events on such a scale would also foster spirit of camaraderie amongst the serving police personnel who will be participating in the event.

I extend my warm greetings and felicitations to the organizers and the participants for a successful event.

A.P. Maheshwari
(Dr. A.P. Maheshwari)

8th October 2018





Rajni Kant Mishra, IPS

Director General
Border Security Force



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MESSAGE

I am delighted to learn that Odisha Police is organizing the 3rd All India Police Judo Cluster-2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha w.e.f. 15 to 19 November 2018.

Sports and games always play a vital role in overall personality development, leadership qualities, good health and national integration. All India Police Judo, Gymnastic, Wushu and Taekwondo teams of various Police organizations across the country do not only reflect their overall physical standard but also help in developing spirit of healthy competition and fair play in a disciplined manner, an essential requisite for the discharge of routine duties.

I extend my warm greetings and felicitations to the Odisha Police for their efforts in organizing Judo Cluster-2018 and extend my best wishes to the organizers and all the participants for a successful event.


(Rajni Kant Mishra)





Rajesh Ranjan, IPS
Director General
Central Industrial Security
Force



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MESSAGE

It gives me immense pleasure to know that the Odisha Police is hosting the 3rd All India Police Judo Cluster Championship-2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th to 19th November 2018.

I am confident that this championship will provide an excellent opportunity to all the participants to exhibit their best performance and promote the spirit of camaraderie amongst the police participants from all over the country.

I extend my warmest greetings to the participants of 3rd All India Police Judo Cluster Championship 2018 and best wishes to the organizers for the success of the championship.



(Rajesh Ranjan)





Surjeet Singh Deswal, IPS

Director General
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MESSAGE

I am happy to know that Odisha Police is hosting the "3rd All India Police Judo Cluster-2018 (Judo, Gymnastic, Wushu & Taekwondo)" at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15-19 November, 2018.

2. Games and Sports play vital role in the overall development of an individual besides inculcating a spirit of discipline, self confidence and sense of belonging amongst the players.
3. I am sure that the competition will provide an opportunity to the participants to display their talent & skills of the game in the best traditions of All India Police Games and make this competition a tremendous success.
4. I extend my felicitations to all the participants and organizers and wish the "All India Police Judo Cluster" a grand success.

3rd November 2018

S.S. Deswal
31/11/18
(S.S. Deswal)





Dr. Ish Kumar, IPS

Director

National Crime Records Bureau



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MESSAGE

I am happy to learn that Odisha Police is organizing the 3rd All India Police Judo Cluster-2018 w.e.f. 15.11.2018 to 19.11.2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

I wish the event a great success and hope that it would be a great and enthralling experience for all.

27th September 2018



(Dr. Ish Kumar)





Yogesh Chander Modi, IPS
Director General
National Investigation Agency



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MESSAGE

I am delighted to learn that Odisha Police is organizing the 3rd All India Police Judo Cluster-2018, at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha, from 15th to 19th November, 2018. I compliment Odisha Police for the effort.

Sporting events give an opportunity to various Police Forces to come together on a single platform and showcase their talent. Judo cluster includes a series of games which require physical strength, mental agility as well as tactical ability. I am sure that this grand event will promote unity in the Police Forces and will bring spirit of cohesiveness and discipline among the Police personnel.

I convey my best wishes to Odisha Police and all its personnel for the success of the tournament.

8th October 2018


(Y.C. Modi)





Arun Kumar, IPS
Director General / RPF



Government of India
Ministry of Railways
(Railway Board)
Rail Bhavan,
New Delhi-110001

MESSAGE

It gives me immense pleasure to learn that the 3rd All India Police Judo Cluster 2018 including Judo, Wushu, Taekwondo and Gymnastic events is being organised at Jawaharlal Nehru Indoor Stadium, Cuttack from 15th to 19th November, 2018 by Odisha Police.

Judo, Wushu and Taekwondo events are Marshal Arts of unarmed self defence and much more than a sports, involving punching, kicking and fall; besides high level of mental concentration and physical coordination. The lethal moves can damage an opponent and is especially effective for women as their self defense. Gymnastics provides flexibility to body essential for better physical and mental health. The events are extremely essential & useful for police and security personnel in carrying out their duties more efficiently and effectively.

I am confident that by virtue of their vast and varied experience, Odisha Police will organize the Games successfully and make it an example for others to emulate.

I wish the organizers all success and extend my best wishes to the participants for achieving the highest levels of performance during the event.

5th October 2018


(Arun Kumar)





Surjeet Singh Deswal, IPS

Director General
Sashastra Seema Bal



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MESSAGE

It gives me immense pleasure to learn that Odisha Police is organizing 3rd All India Police Judo Cluster Championship-2018 from 15th to 19th November, 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

Sports plays a vital role, particularly in the life of Police personnel in promoting physical fitness and fostering camaraderie, sportsman spirit, goodwill and better understanding. The participation of CAPFs and State Police in the Judo Cluster Championship would provide an excellent opportunity for them to come together in the highest spirit of brotherhood and sportsmanship.

I convey my greetings and best wishes to the Organizing Committee, Editorial Board of the Souvenir and all the participants for a successful 3rd All India Police Judo Cluster Championship-2018.

8th October 2018


(S.S. Deswal)





D.R. Doley Barman, IPS

Director
Sardar Vallabhbhai Patel
National Police Academy



Ministry of Home Affairs,
Government of India
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MESSAGE

I am delighted to know that the Odisha Police is hosting the 3rd All India Police Judo Cluster - 2018 from 15 to 19 November, 2018 at Cuttack.

Judo is a martial art, requiring special skills to subdue an opponent. Keeping in view the present-day scenario of internal security. Police Officers should be skilled in self-defence. Competition in this field will serve to encourage all Service personnel to hone their skills which in turn will enhance professionalism.

I congratulate the Odisha Police for organizing the 3rd All India Police Judo Cluster - 2018 Championship.

My good wishes to all the competitors in this event.

4th October 2018



(D.R. DOLEY BARMAN)





Dependra Pathak, IPS
Director General of Police
Andaman & Nicobar Islands



Police Headquarters
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MESSAGE

It gives me immense pleasure to learn that the Odisha Police is organising the 3rd All India Police Judo Cluster-2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th to 19th November, 2018 and that a Souvenir is being published to mark the occasion.

Sports and games are essential for physical fitness, improved professional skills and alert mind. It is an excellent opportunity for Police personnel from all over the country to come together and test their competitive talent and skills which I am sure shall enable them to discharge their duties effectively on ground.

I extend my warm greetings and felicitations to the Odisha Police for organizing this Judo Cluster and convey my best wishes to all members of the organizing committee and the participants for the resounding success.

10th October 2018


(Dependra Pathak)





R.P. Thakur, IPS

Director General of Police
Andhra Pradesh

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MESSAGE

It gives me immense pleasure that Odisha Police will be organising 3rd All India Police Judo Cluster (Taekwondo, Judo, Wushu & Gymnastics) 2018 in Cuttack, Odisha. Judo Cluster events, self defence martial arts are quite essential for the youth, especially womenfolks to protect themselves from anti-social and mischievous elements and it deserves all encouragement in right earnest.

I wish the Odisha Police success in all their endeavours for smooth conduct of such a great event.



(R. P. Thakur)





S.B.K. Singh, IPS
Director General of Police
Arunachal Pradesh



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Itanagar

MESSAGE

I am extremely happy to know that Odisha Police is hosting 3rd All India Police Judo Cluster-2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th November, 2018 to 19th November, 2018.

The competition such as these provide opportunity to various State Police and Central Armed Forces to get together and display their excellence & talents and in bringing out the finest and best.

I am sure this event will be conducted in an atmosphere of healthy competition and would also foster camaraderie among different forces.

I extend my felicitations to all the participants and organizers and wish the meet a grand success.


(S.B.K. Singh)





Kuladhar Saikia, IPS
Director General of Police
Assam



सत्यमेव जयते



Police Headquarters,
Assam,
Ulubari
Guwahati-781007

MESSAGE

I am happy to know that the 3rd All India Police Judo Cluster-2018 is being organised by Odisha Police at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15.11.2018 to 19.11.2018.

I am sure that this event would provide an opportunity to the police personnel from the State Police and Central Armed Police Forces to come together and exhibit their skills to enhance physical and mental capabilities and courage.

I extend my best wishes to the organizers and all the participants for the success of the event.



(Kuladhar Saikia)





K.S. Dwivedi, IPS
Director General of Police
Bihar, Patna



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MESSAGE

It is a matter of great pleasure for all of us to learn that Odisha Police is hosting 3rd All India Police Judo Cluster-2018 from 15.11.2018 to 19.11.2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

Sports play a key role in strengthening the bonds of unity and national integrity among us. I do firmly believe that this competition will nourish camaraderie, friendship and healthy interaction among police personnel participating from every corner of our country. Apart from this, it will also act as a platform in identifying fresh and emerging talents among police personnel, who can be groomed to achieve exalting newer heights at National & International levels.

I convey my best wishes to the organizers and the participants for the successful conduction of this event.

24th October 2018


(K.S. Dwivedi)





Baljit Singh Sandhu, IPS
Director General of Police,
Haryana



Police Headquarters
Haryana,
Chandigarh


MESSAGE

It gives me immense pleasure to know that Odisha Police is hosting the 3rd All India Police Judo Cluster-2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15.11.2018 to 19.11.2018 and is coming up with a Souvenir to mark the occasion.

I am confident that the Cluster will help in infusing a spirit of sportsmanship, camaraderie and discipline among the participating sportspersons. I also hope that the occasion will promote unity, brotherhood and co-operation among participants and help them in imbibing qualities like perseverance, competitiveness and commitment.

I wish the organizers and participants of the 3rd All India Police Judo Cluster-2018, a great success !

4th October 2018


Baljit Singh Sandhu)
04.10.18





Sitaram Mardi, IPS
Directorate General
Himachal Pradesh Police



Police Headquarters
Nigam Vihar, Shimla-2
(O) 0177-2626222, 2626938
E-mail: dgp-hp@nic.in

MESSAGE

I am delighted to learn that Odisha Police is hosting the 3rd All India Police Judo Cluster (Judo, Gymnastics, Wushu and Taekwondo) - 2018 from 15th to 19th November, 2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

The Championship is expected to provide a good opportunity to the sportspersons of Police forces to showcase their skills. I am sure the event will foster camaraderie and goodwill among the players and will live upto its high standards.

I convey my best wishes to the Organizers of the Championship for the successful conduct of the same. I also send my best wishes to all the participants and hope that this competition will bring out the best in them.


(Sitaram Mardi)





Dilbag Singh, IPS
Director General of Police
Jammu & Kashmir



Police Headquarters,
Peer Bagh, Srinagar.
Tel.(Off) 0194-2443011/2443012
Fax: 0194-2443010
Mob: 9419180902
Gulshan Ground, Jammu
Tel.(Off) 0191-2430841/2430871
Fax: 0191-2430834
Mob. 9419180902

MESSAGE

I am pleased to know that Odisha Police is hosting 3rd All India Police Judo, Gymnastic, Wushu & Taekwondo Championship, 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th to 19th November, 2018 and a souvenir is being published to mark this event.

Hosting of such an event enhances the importance of such sports that helps saving a person from physical assault. Pertinent to mention that hosting of such an event of National level builds professional amity within the different forces. The Tournament will also provide a platform to the participating teams to further hone up and test their skills in these sports.

On this occasion, I send my greetings to all the participants, officials & Organizers and do hope that the Event shall be a big success.

15th October 2018


(Dilbag Singh)





Neelmani N. Raju, IPS

Director General &
Inspector General of Police
Karnataka State



Off: 080-22211803, 22942999
Fax: 22212164
M: 9480800001
No.2, Nrupatunga Road,
Bengaluru-560001
Email: police@ksp.gov.in
dg-police@karnataka.gov.in

MESSAGE

We are pleased to learn that Odisha Police has the honour of hosting the 3rd All India Police Judo Cluster Championship for the year 2018.

The championship would provide police personnel a unique opportunity to display their sporting talents in various disciplines besides it will also go a long way in furthering a culture of sports within the police forces of the country.

On behalf of Karnataka State Police, I extend my best wishes to all the participants and wish the championship a grand success.

22nd October 2018

(Neelmani N. Raju)





Loknath Behera, IPS

Director General of Police &
State Police Chief, Kerala



Police Headquarters, Kerala
Thiruvananthapuram-695010
Ph: (Off) +91-471-2721601
Fax: +91-471-2726560
Mob: +91-9497999999
E-mail: dgp.pol@kerala.gov.in
Website: www.keralapolice.gov.in

MESSAGE

I am delighted to learn that 3rd All India Police Judo Cluster-2018 is being organized by Odisha Police at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th to 19th Nov. 2018 and the organizers are also bringing out a Souvenir to mark the occasion.

The championship will be a stage for the Police personnel to showcase their skill. I hope that the Souvenir to be brought out as part of the event will highlight the accomplishments of Police in this sports.

I am sure that this Souvenir will also serve its purpose to disperse the ideas of Police officials on a national perspective, besides being a source of motivation to the readers.



(Loknath Behera)





Rishi Kumar Shukla, IPS

Director General of Police
Madhya Pradesh



Police Headquarters, M.P.
Bhopal-462008
Ph: 0755-244350, 0755-2443313
0755-2443501, 0755-2443655
Email: dgmp@mppolice.gov.in

MESSAGE

I am happy to learn that the Odisha Police is hosting the 3rd All India Police Judo Cluster-2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15.11.18 to 19.11.18.

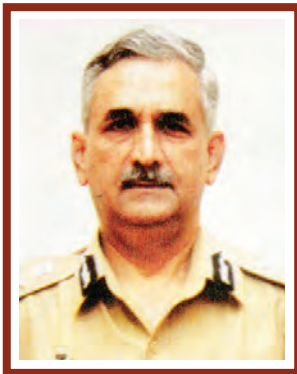
Physical fitness and mental alertness are key elements for men in uniform to combat the emerging menace of militancy, terrorism and general crime in the country. Besides inculcating spirit of camaraderie and discipline, such competitive sports events give players a unique opportunity to exhibit their proficiency and also enhance their skill in the relevant disciplines.

I convey my best wishes to all the participants and the organizers for the success of the championship.

10th October 2018


(Rishi Kumar Shukla)





D.D. Padsalgikar
Director General Police,
Maharashtra State




Maharashtra Rajya Police Mukhyalaya
Shahid Bhagat Singh Marg, Colaba,
Mumbai-400001.

MESSAGE

I am happy to learn that the Odisha Police is hosting 3rd All India Police Judo Cluster 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th to 19th November 2018.

Such robust activities encourage healthy competition amongst the members of the Police Force in the country and foster strong camaraderie and team spirit.

I convey my greetings and good wishes to the organizers and participants and wish the event a grand success.


(D. D. Padsalgikar)
Director General of Police,
Maharashtra State, Mumbai.
(D.D. Padsalgikar)





L.M. Khaute, IPS
Director General of Police
Manipur



PH. (O) 0385-2451166, 2450289
(R) 2445433, FAX: 2449825
E-MAIL: DGP-MNP@NIC.IN


Imphal

MESSAGE

I am glad to learn that Odisha Police is organising the 3rd All India Police Judo Cluster-2018 from 15.11.2018 to 19.11.2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha and that a Souvenir is being published on the occasion.

It is through sports that policemen across the country also demonstrate their talents, grit and esprit de corps. I wish a grand success for this cluster.

11th October 2018


(L.M. Khaute)





T. John Longkumer, IPS

Director General of Police
Nagaland



Police Headquarters,
Nagaland
Kohima

Ph: 0370-2244274 (Fax)/2242889(O)

Ph: 0370-2244344(Fax)/2244273(R)

MESSAGE

I am happy to learn that the Odisha Police is organizing the 3rd All India Police Judo Cluster-2018 from 15.11.2018 to 19.11.2018 and a souvenir is being brought out in commemoration of the occasion.

I am confident that the occasion will provide opportunity to the Police Forces from across the country to display their skills and forge better understanding amongst Police personnel.

On behalf of Nagaland Police I extend my warm felicitations to the participants and the organizers and wish the event every success.

26th October 2018



T. John Longkumer)





Suresh Arora, IPS
Director General of Police
Punjab



Police Headquarters,
Punjab

Chandigarh

MESSAGE

I am pleased to know that 3rd All India Police Judo Cluster-2018 is being hosted by Odisha Police at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15th to 19th November, 2018. This event is likely to attract many outstanding players and officials.

The release of souvenir on this occasion to highlight 3rd All India Police Judo Cluster-2018 activities is indeed a matter of great pleasure. On behalf of Punjab Police, I extend my heartiest felicitations to the Odisha Police and wish the event to be a grand success.

18th October 2018


(Suresh Arora)





O.P. Galhotra, IPS

Director General of Police
Rajasthan



Tel.(O) 0141-2744435, 2740693
(R) 0141-2574849, 2561688
Fax: 0141-2740674, 2740693
Email: dgp-rj@nic.in

Jaipur-302015

MESSAGE

My congratulations and compliments to Odisha Police, for organizing the 3rd All India Police Judo Cluster-2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha between 15th and 19th Nov, 2018.

Judo, Gymnastics, Wushu and Taekwondo are games that involve immense physical, mental and moral strength and require steely determination combined with flexibility of body. These games inculcate qualities of fearlessness and physical stamina, which are essential in modern day policing.

I convey my best wishes to all the participating teams and, more particularly, Odisha Police for successful conduct of the 3rd All India Police Judo Cluster - 2018.

May the event be a grand success.



(O.P. Galhotra)





A.K. Shukla, IPS

Director General of Police
Tripura



Police Headquarters,
Agartala

MESSAGE

I am happy to know that the Odisha Police is organizing the 3rd All India Police Judo Cluster 2018 from 15.11.2018 to 19.11.2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha. It is a great opportunity for all the Athletes of State Police, Union Territory and Central Police Organizations from across the country to compete and showcase their skills and lay their claims to participate in the sport at international level. I heartily congratulate Odisha Police for organizing the event and wish for its all-round success.

27th September 2018

(A.K. Shukla)





Anil K. Raturi, IPS
Director General of Police
Uttarakhand



Police Hqrs. 12-Subhash Road
Dehradun-248001
Ph: 0135-2712082/2714656(Off)
2738100(Res)/2712080 (Fax)

MESSAGE

I am happy to learn that Odisha Police is organizing the 3rd All India Police Judo Cluster-2018 at Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from 15.11.2018 to 19.11.2018.

I am sure that the Judo Cluster will provide an excellent opportunity to the participants to demonstrate their professional skills. By bringing together participants from different parts of the country, the competition also provides them an opportunity to exhibit, exchange and promote cross-cultural understanding and develop healthy relationships and brotherhood among different states and Central Police Forces.

I extend my greetings and best wishes for the success of the Championship.

5th October 2018

Anil 5/10/18
(Anil K. Raturi)





O.P. Singh, IPS

Director General of Police
Uttar Pradesh



1, Tilak Marg, Lucknow-226001
Ph: 0522-2206104, Fax: 2206120
CUG No.9454400101
E-mail: police.up@nic.in
Website: <https://uppolice.gov.in>

MESSAGE

I am extremely happy to know that the 3rd All India Police Judo Cluster-2018 is being organized by the Odisha Police from 15.11.2018 to 19.11.2018 at the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha.

The event will not only provide an opportunity for a healthy competition but will also provide a platform for exchange of training techniques and skill in friendly atmosphere. Competition, such as these, provide not only a refreshing break to police personnel from the rigours of their routine duties but also rejuvenate them.

I take this opportunity to extend my best wishes to the participants, organizers and all concerned. I have no doubt that this championship will be a grand success.

15th October 2018


(O.P. Singh)





Virendra, IPS

Director General &
Inspector General of Police,
West Bengal



Nabanna, 325, Sarat Chatterjee Road
Howrah-711102
Tel: 91-33-22145400, Fax: 91-33-22141139
Bhavani Bhavan, Alipur, Kolkata-700027
Tel. & Fax: 91-33-24794069
Email: dgpwestbengal@gmail.com

MESSAGE

It gives me pleasure to know that Odisha Police is going to organize 3rd All India Police Judo Cluster - 2018 from 15th to 19th November, 2018 at Cuttack, Odisha.

Sport event like Judo is not only essential for police force to develop good health and physical fitness but also cultivate & develop special skill which gives a different level of confidence to the Police personnel. I am sure all the participants will exhibit their sportsmanship and camaraderie through this event.

I convey my heartiest greetings and best wishes to the Organizing Committee and all the participants of the Judo Cluster - 2018.

28th September 2018

Virendra
28.9.18.

(Virendra)





Intelligence Bureau
(Ministry of Home Affairs)
Government of India
New Delhi

A. Sunil Acharya, IPS

Joint Director, IB &
Secretary, All India Police Sports
Control Board


MESSAGE

I am happy to learn that Odisha Police is hosting the 3rd All India Police Judo Cluster (Judo, Gymnastics, Wushu and Taekwondo), 2018 in the Jawaharlal Nehru Indoor Stadium, Cuttack, Odisha from November 15 to 19, 2018.

Besides physical fitness, strength, skill, stamina and will power, the sport develops competitive spirit amongst participants and enhances overall personality. The participants get an opportunity to showcase their talent and to further popularise the sport among the police fraternity.

I convey my best wishes to all the participants, officials and organizers and wish the event a great success.

3rd October 2018


(A. Sunil Acharya)





Satyajit Mohanty, IPS

Commissioner of Police
Bhubaneswar-Cuttack



Commissionerate Police Head Quarter

Bidyut Marg, Unit-V

Bhubaneswar-751001, Odisha

91-674-2530035 (Off)

91-674-2530001 (Fax)

91-8280338300 (Mob)

Email: commissioneratepolice@nic.in

Bhubaneswar

MESSAGE

It is a matter of great pride that Odisha Police is organizing the 3rd edition of All India Police Judo Cluster (Judo, Taekwondo, Wushu & Gymnastics) from 15th to 19th November, 2018 at Jawaharlal Nehru Indoor Stadium, Cuttack and Sachin Tendulkar Indoor Hall, Cuttack.

Games & Sports not only play a vital role in building physical fitness of the police personnel but also inculcate a spirit of competition and camaraderie among the participants.

I feel privileged to be a part of the Organizing Committee and am sure that this Championship will be conducted in an atmosphere of healthy competition and true sportsman spirit.

I convey my best wishes to all the participants and organizers and wish the 3rd All India Police Judo Cluster a grand success.

11th November 2018



(Satyajit Mohanty)





Prabhat Kumar Sharma
Secretary General, TFI

TAEKWONDO FEDERATION OF INDIA

*Affiliated to : World Taekwondo, Asian Taekwondo Union,
Indian Olympic Association*

Office Address: C-70, South Extension, Part-II,
New Delhi-110049, India



MESSAGE

It is a matter of great pleasure that the Odisha Police is hosting the 3rd All India Police Judo Cluster-2018 from 15th to 19th November 2018 at Cuttack.

Taekwondo, a Korean Martial Art characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques is the most powerful tool for self defence. Among all the Martial Arts Taekwondo is gaining immense popularity these days and now a movement in Indian Sports.

Organizing such events not only strengthens the bond among people of different regions of the country but also encourage the growth of healthy competition in the field of sports and games amongst the Police forces.

Taekwondo Federation of India extends its wholehearted support in imparting training to Police forces and for successful conduct of this championship.

I hope this championship will give fillip to this sport and make it popular among all Police forces and youth at large. I convey my best wishes to all the participants and organisers of this event.

(Prabhat Kumar Sharma)





Vinaytosh Mishra, IPS

Addl. D.G. of Police (Modernisation),
Odisha

FROM THE ORGANISING SECRETARY'S PEN

It is a matter of great pride that Odisha Police has been given the responsibility of organizing 3rd All India Police Judo Cluster-2018 from 15.11.2018 to 19.11.2018. Organizing such a mega event where about 1500 sports persons from all over India will congregate at Cuttack is a matter of great satisfaction and professional challenge for all of us.

Sports has a vital role in promoting team spirit which is vital for the functioning in Police Organisation. All the four games judo, taekwondo, wushu and gymastics are games of skill, strength, agility and flexibility, which is essence of a professional organization dedicated to the service of society.

As an Organising Secretary of the meet, I along with my team of dedicated officials are looking forward to welcome all the teams and provide them best possible infrastructure and hope that the participants shall exhibit highest spirit of brotherhood and sportsmanship.

I hope that the game shall promote unity and national integrity among all of us.

I convey my best wishes to all the participants and wish grand success of the championship.



(Vinaytosh Mishra)





Padmakar S. Ranpise, IPS
I.G. of Police (Personnel), Odisha

FROM THE EDITOR'S DESK

It was a privilege to act as the Editor for the Souvenir for 3rd All India Police Judo Cluster 2018. We have named the Souvenir 'UTKARSHA' which signifies advancement and awakening. I convey my gratitude to all the dignitaries for honouring our request and sending inspiring messages for the Championship. I thank Police Officers, Office Bearers of various Federations and others who have contributed enlightening articles for the Souvenir. I convey my gratitude to our Editor-In-Chief, DGP, Odisha for his invaluable guidance and support during the preparation of the Souvenir. I am also grateful to Sri Vinaytosh Mishra, Organising Secretary for his valuable suggestions. I acknowledge the painstaking efforts put in by Shri Bibhuti B. Parida, Sports Officer and Shri Surendranath Parida, PRO for making of the Souvenir. I appreciate the creativity and dedication of Shri Subhrantu Tripathy and Shri Saroj Moharana of Graphic Art Offset Press who immensely contributed in design and artwork of the Souvenir.

I hope, the readers will appreciate the contents of Souvenir and it will also be helpful during the subsequent Championships. We have taken utmost care to make the Souvenir error free, however if any error has crept into due to oversight, readers are requested to kindly excuse us.

I convey my best wishes to the participants and wish them all the success.


(P. S. Ranpise)



LIST OF PARTICIPATING TEAMS

Sl. No.	NAME OF THE STATE/CPOS/UTS	Sl. No.	NAME OF THE STATE/CPOS/UTS
1.	Andhra Pradesh	17.	Madhya Pradesh
2.	Assam	18.	Maharashtra
3.	Assam Rifle	19.	Manipur
4.	Bihar	20.	Nagaland
5.	BSF	21.	Odisha
6.	Chandigarh	22.	Punjab
7.	CISF	23.	Rajasthan
8.	CRPF	24.	RPF
9.	Delhi	25.	Sikkim
10.	Gujarat	26.	SSB
11.	Haryana	27.	Tamilnadu
12.	Himachal Pradesh	28.	Telengana
13.	ITBP	29.	Uttar Pradesh
14.	Jammu & Kashmir	30.	Uttarakhand
15.	Jharkhand	31.	West Bengal
16.	Kerala		



Opening Ceremony venue at Cuttack





ODISHA

INDIA'S BEST KEPT SECRET.



Ratha Yatra, Puri

Ratha Yatra or Ratha Jatra or Car Festival is a festival associated with Lord Jagannath held at Puri in Odisha. It is the oldest Ratha Yatra taking place in India and the World.

This annual festival is celebrated on Ashadha Shukla Paksha Dwitiya (second day in bright fortnight of Ashadha month).

The festival commemorates Jagannath's annual visit to Gundicha Temple via Mausi Maa Temple (Aunt's home) near Balagandi Chhaka, Puri.

Millions of devotees congregate at Puri for this annual event from all over the country and abroad.

As part of Ratha Yatra, the wooden idols of Jagannath, his elder brother Balabhadra and younger sister Subhadra are taken out in a procession to Gundicha Temple which is 2 kms away from Jagannath Temple and stay there for nine days. The deities are also accompanied by Sudarshana Chakra. The return journey is known as Bahuda Jatra.

Three richly decorated Chariots, resembling temple structures are pulled through the street of Puri called Badadanda (Grand Road). During the festival, devotees from all over the world visit Puri with an earnest desire to pull the Lords' Chariots. They consider this as an auspicious deed. The devotees accompanying the chariots dance & sing devotional songs with traditional musical instruments. The Ratha Carts are about 45 feet (14m) high. The chariots are built anew every year using only a particular type of tree.







ODISHA HOCKEY MEN'S WORLD CUP BHUBANESWAR 2018

28th November - 16th December, 2018





CATEGORY OF EVENTS

JUDO

<u>Sl.No</u>	<u>Categories for Men</u>	<u>Sl.No</u>	<u>Categories for Women</u>
1	Not exceeding 60 Kg (Judo /Men)	1	Upto & Including 48 Kg Judo/Women)
2	over 60 kg upto & including 66 kg	2	over 48 kg upto & including 52 kg
3	over 60 kg upto & including 73 kg	3	over 52 kg upto & including 57 kg
4	over 73 kg upto & including 81 kg	4	over 57 kg upto & including 63 kg
5	over 81 kg upto & including 90 kg	5	over 63 kg upto & including 70 kg
6	over 90 kg upto & including 100 kg	6	over 70 kg upto & including 78 kg
7	above 100 kg	7	above 78 kg

GYMNASTICS

<u>Sl.No</u>	<u>Categories for Men</u>
1	Floor Exercise
2	Pommel Horse
3	Roman Ring
4	Table Vault
5	Parallel Bars
6	Horizontal Bar

WUSHU

<u>Sl.No</u>	<u>Categories for Men</u>	<u>Sl.No</u>	<u>Categories for Women</u>
1	Below 48 kg	1	Below 45 kg
2	Below 52 kg	2	Below 48 kg
3	Below 56 kg	3	Below 52 kg
4	Below 60 kg	4	Below 56 kg
5	Below 65 kg	5	Below 60 kg
6	Below 70 kg	6	Below 65 kg
7	Below 75 kg	7	Below 70 kg
8	Below 80 kg	8	Below 75 kg
9	Below 85 kg		
10	Below 90 kg		
11.	Above 90 kg		

TAEKWONDO

<u>Sl.No</u>	<u>Categories for Men</u>	<u>Sl.No</u>	<u>Categories for Women</u>
1	Not exceeding 54 kg	1	Not exceeding 46 kg
2	over 54 kg not exceeding 58 kg	2	over 46 kg not exceeding 49 kg
3	over 58 kg not exceeding 63 kg	3	over 49 kg not exceeding 53 kg
4	over 63 kg not exceeding 68 kg	4	over 53 kg not exceeding 57 kg
5	over 68 kg not exceeding 74 kg	5	over 57 kg not exceeding 62 kg
6	over 74 kg not exceeding 80 kg	6	over 62 kg not exceeding 67 kg
7	over 80 kg not exceeding 87 kg	7	over 67 kg not exceeding 73 kg
8	over 87 kg	8	above 73 kg



MEDALS TO BE AWARDED

IN 3RD ALL INDIA POLICE JUDO CLUSTER, 2018
CUTTACK, ODISHA

SI No.	GAME	MEN/WOMEN	EVENT	MEDAL	TOTAL
1	JUDO	MEN	7	GOLD - 07 SILVER -07 BRONZE - 14	28
2	JUDO	WOMEN	7	GOLD - 07 SILVER -07 BRONZE - 14	28
3	GYMNASTICS	MEN	6	GOLD - 06 SILVER -06 BRONZE - 06	18
4	WUSHU	MEN	11	GOLD - 11 SILVER -11 BRONZE - 22	44
5	WUSHU	WOMEN	8	GOLD - 08 SILVER -08 BRONZE - 16	32
6	TAEKWONDO	MEN	8	GOLD - 08 SILVER -08 BRONZE - 16	32
7	TAEKWONDO	WOMEN	8	GOLD - 08 SILVER -08 BRONZE - 16	32
				GOLD - 55	
				SILVER - 55	
				BRONZE - 104	
				TOTAL	214



Entrance Gate to Opening Ceremony venue





ORGANISING COMMITTEES

Jury of Honour and Appeal

Dr. Rajendra Prasad Sharma, IPS, D.G.P, Odisha, **Chairman**

Members

1. Shri Vinaytosh Mishra, IPS, ADGP (Mod.)-cum-Organising Secretary
2. Shri Sunil Achaya, IPS, Joint Director, IB-cum-Secretary, AIPSCB
3. Shri Amitabh Thakur, IPS, IGP (L/O)-cum-Asst. Organising Secretary
4. Shri Bijaya Prakash Baboo, OAPS-1, AIG of Police (Provisioning)
5. Dr. Hari Prasad Pattanyak, Secretary, Odisha State Karate Association
6. Shri M.N. Bangera, Technical Director, Judo
7. Shri Mandar Mhatra, Technical Director, Gymnastics
8. Shri Shambhu Seth, Technical Director, Wushu
9. Shri Sundarmani Patel, Technical Director, Taekwondo

Chairman of the Championship

Dr. Rajendra Prasad Sharma, IPS, DGP, Odisha

Vice Chairman of the Championship

Sri Manoj Kumar Chhabra, IPS, Addl. DG of Police (SAP)

Organising Secretary

Shri Vinaytosh Mishra, IPS, Addl. DG of Police (Mod.)

Asst. Organising Secretary

Shri Amitabh Thakur, IPS, I.G. of Police (Law & Order)

Members

1. Shri Akhileshvar Singh, IPS, DCP, UPD, Cuttack
2. Shri Manoj Kumar Padhi, OAS, Joint Secretary, Sports & Youth Services Dept., Odisha.
3. Shri Baikuntha Bihari Rout, OAPS-I, Commandant, OSAP 6th Bn., CTC
4. Shri Sudhir Kumar Behera, OAPS-I, S.P., PMT, Cuttack
5. Shri Bijaya Prakash Baboo, OAPS-I, A.I.G of Police (Prov)
6. M.A. Alam, General Secretary, Odisha Olympic Assn., CTC
7. Shri Ashok Kumar Mohanty, OAPS, AIA, SP Hdqrs., CTC
8. Shri Bibhuti Bhusan Parida, OAPS, Sports Officer, S.P. Hdqrs., CTC
9. Shri Deepak Kumar Garnayak, OAPS, AC, Central Store, S.P. Hdqrs., CTC



Chairman, Accommodation Committee

Shri Satyajit Mohanty, IPS, Commissioner of Police, Bhubaneswar-Cuttack

Members

1. Shri Sanjay Kumar Singh, IPS, Addl. Commissioner of Police, BBSR-Cuttack
2. Shri Akhilesvar Singh, IPS, DCP, UPD, Cuttack
3. Shri Anup Kumar Sahoo, IPS, DCP, UPD, BBSR
4. Shri Anirudha Kumar Singh, IPS, Commandant, SOG, Chandaka, BBSR
5. Mrs. Sarah Sharma, IPS, S.P., BPSPA, BBSR
6. Shri Baikuntha Bihari Rout, OAPS-I, Commandant, OSAP 6th Bn., CTC

Chairman, Transport and Communication Committee

Shri Sanjaya Kumar Singh, IPS, Addl. Commissioner of Police, Bhubaneswar-Cuttack.

Members

1. Shri Sudhir Kumar Behera, OAPS-I, S.P, PMT, Cuttack
2. Shri Baikuntha Nath Das, OPS-I, S.P, Signals, Cuttack
3. Shri Bijaya Prakash Baboo, OAPS-I, A.I.G of Police (Provisioning)

Chairman, Reception & Refreshment Committee:

Shri Asheet Kumar Panigrahi, IPS, I.G. of Police (Hqrs)

Members

1. Shri Akhilesvar Singh, IPS, DCP, UPD, Cuttack
2. Shri Rabindra Nath Mohapatra, OPS, I/c S.P, SRP, Cuttack
3. Shri Baikuntha Bihari Rout, OAPS-1, Commandant, OSAP 6th Bn., Cuttack
4. Shri Radha Binod Panigrahi, OPS-1, S.P., CID, CB, CTC
5. Shri Bibhuti Bhusan Moharana, OAPS, Asst. Commandant, OSAF Unit, OSAP 6th Bn., Ctc.
6. Shri Bibhuti Bhusan Parida, OAPS, Sports Officer, S.P. Hdqrs., CTC
7. Shri Suryakanta Mohanty, OAPS, ACP, Home Guards, UPD, CTC
8. Shri Ramesh Ch. Khatua, OAPS, Asst. Commandant, OSAP 6th Bn., Cuttack

Chairman, Souvenir Committee:

Shri P.S Ranpise, IPS, I.G. of Police (Personnel)

Vice-Chairman, Souvenir Committee:

Shri Asheet Kumar Panigrahi, IPS, I.G. of Police (Hqrs)





Members

1. Shri Diptesh Kumar Pattanayak, IPS, DIG of Police, HRPC, Odisha, Cuttack.
2. Shri Surendra Nath Parida, PRO, S.P. Hdqrs., Cuttack
3. Shri Ashok Kumar Behera, Subedar, S.P. Hdqrs., Cuttack

Chairman, Media & Publicity Committee:

Shri Amitabh Thakur, IPS, I.G. of Police (Law & Order), Odisha, Cuttack

Members

1. Shri Deepak Kumar Garnayak, OAPS, AC, Central Store, S.P. Hdqrs., Cuttack
2. Shri Surendra Nath Parida, PRO, S.P. Hdqrs., Cuttack
3. Mrs. Sangita Mishra, Inspector, IT Cell, S.P. Hdqrs., Cuttack

Chairman, Medical Committee:

Shri Amitabh Thakur, IPS, I.G. of Police (Law & Order)

Members:

1. Shri Sunil Kumar Behera, OAPS, Asst. Commdt., OSAP 6th Bn., Cuttack
2. Shri Amiya Ku. Routray, Havildar Major of OSAP 6th Bn., Cuttack

Venue, Management & Ceremony Committee:

1. Shri Naba Kishore Das, OAPS-I, Commandant OSAP 1st Bn. Dhenkanal.
2. Shri Debendra Nath Behera, OAPS-I, I/c Commandant, 9th Spl. IR Bn., Kalahandi
3. Shri Bibhuti Bhusan Maharana, OAPS, Asst. Commandant, OSAF Unit, OSAP 6th Bn, Ctc.
4. Shri Debashis Jena, OAPS, Asst. Commandant, OSAP 1st Bn. Dhenkanal.
5. Shri Suryakanta Mohanty, OAPS, ACP, Home Guards, Cuttack.



PREPARATORY MEETINGS



VENUE OF THE CHAMPIONSHIP



Jawaharlal Nehru Indoor Stadium, Cuttack



Sachin Tendulkar Indoor Hall, Cuttack



3RD ALL INDIA POLICE JUDO CLUSTER 2018, ODISHA

VENUE: JAWAHARLAL NEHRU INDOOR STADIUM, CUTTACK

SCHEDULE OF GYMNASTICS COMPETITION

Date 14 NOV 2018

11.30 am Curtain-Raiser, Registration and Reception
6.00 pm to 7.00 pm Coach / Manager / Judge meeting

Date 15 NOV 2018

7:30 am to 8:00 am Judges meeting
8.00 am to 2.00 pm Team Championship, All around and apparatus final qualification
Floor Exercise / Pommel Horse / Rings
2.00 pm to 3.00 pm Lunch Break
3.00 pm to 8.00 pm Team Championship, All around and apparatus final qualification
Table Vault / Parallel Bars / Horizontal Bar

Date 16 NOV 2018

8.30 am to 9.00 am Judges meeting
9.00 am to 1.00 pm **Apparatus Final** Floor Exercise Final Pommel Horse Final Rings
Final Victory Ceremony: **Floor Exercise / Pommel Horse / Rings**
Lunch
1.00 pm to 2.00 pm **Apparatus Final** Table Vault Final Parallel Bars Final Horizontal
2.00 pm to 6.00 pm Bar Final Victory Ceremony: **Table Vault / Parallel Bars / Horizontal Bar**
Closing Ceremonies

SCHEDULE OF JUDO COMPETITION

<u>DATE</u>	<u>TIME</u>	<u>EVENTS</u>
16.11.2018	9.00 AM	Referee Meeting
	11.00 AM	Manager and Coaches Meeting and Draws
	05.00 PM	Unofficial Weighin
	6.00 PM	Official Weighin
	Men	U-60 KG, U-66 KG, U-73 KG
	Women	U-48 KG, U-52 KG
17.11.2018	Men	U-60 KG, U-66 KG, U-73 KG
	Women	U-48 KG, U-52 KG.
	9.00 AM	Preliminary Bouts begin.
	3.00 PM	Final Block
	5.00 PM	Medal Ceremony
	Men	U-81 KG, U-90 KG
	Women	U-57 KG, U-63 KG, U-70 KG
	6.00 PM	Unofficial Weighin
18.11.2018	7.00 PM	Official Weighin
	Men	U-81 KG, U-90 KG
	Women	U-57 KG, U-63 KG, U-70 KG
	9 AM	Preliminary Bouts
	3.00 PM	Final Block
	5.00 PM	Medal Ceremony
	Men	U-100 KG, above 100 KG
	Women	U-78 KG, above 78 KG.





	6.00 PM	Unofficial Weighin
	7.00 PM	Official Weighin
19.11.2018	Men	U-100 KG, above 100 kg.
	Women	78 KG, above 78 KG
	7.00 AM	Preliminary Bouts
	1.00 PM	Final Block and Medal Ceremony

SCHEDULE OF WUSHU COMPETITION

VENUE : SACHIN TENDULKAR INDOOR HALL, BARABATI STADIUM, CUTTACK

<u>DATE</u>	<u>TIME</u>	<u>EVENTS</u>
14.11.2018	05.00 - 07.00 Pm	Weighing Ceremony
15.11.2018	06.00 - 08.00 Am	Weighing
	08.00 - 09.30 Am	Competition
	12.00 - 12.45 Pm	Competition
	01.00 - 01.45 Pm	Lunch
	02.00 - 09.15 Pm	Competition
	09.30 - 10.30 Pm	Dinner
16.11.2018	06.00 - 08.00 Am	Weighing
	08.00 - 12.45 Pm	Competition
	01.00 - 01.45 Pm	Lunch
	02.00 - 05.45 Pm	Competition
	06.00 - 06.15 Pm	Sanda Girls Medal Ceremony
	06.30 - 09.15 Pm	Competition
	09.30 - 10.30 Pm	Dinner
17.11.2018	06.00 - 08.00 Am	Weighing
	08.00 - 11.00 Am	Competition
	11.20 - 11.45 Am	Sanda Boys Medal Ceremony & Closing Ceremony
	01.00 - 02.00 Pm	Lunch
	02.00 Onwards	Departure

SCHEDULE OF TAEKWONDO COMPETITION

<u>DATE</u>	<u>TIME</u>	<u>EVENTS</u>
16-11-2018	9.00 Am To 11.00am	Accreditation & Registration Of Teams
	11.00am To 1.00pm	Weighing Of All Weight Categories Of Males & Females
	04.00pm To 05.00pm	Referee Clinic
	05.00pm To 6.00pm	Coach / Managers'/ Organising Members & Tfi / Ota Officials Meeting
	6.30pm To 7.30pm	Drawing Of Lots
17-11-2018	02.00 Pm (Event Will Start)	Preliminary & Final Mathces For:- Male: U-54kg, U-68kg, U-74kg, Female: U-46kg, U-53kg, U-62kg
18-11-2018	08.30 Am (Event Will Start)	Preliminary & Final Mathces For:- Male: U-58kg, U-80kg, Over- 87kg Female: U-49kg, U-73kg, U-67kg
19-11-2018	08.30 Am (Event Will Start)	Preliminary & Final Mathces For:- Male: U-63kg, U-87kg Female: U-57kg, Over-73kg



TEAM CAPTAINS' & TECHNICAL DIRECTORS' MEETING





TEAM CAPTAINS' & TECHNICAL DIRECTORS' MEETING



ABOUT OLIVE RIDLEY TURTLES

*M*ascot of our Championship “OLLY” is nickname to the Olive Ridley Turtle.

The Mascot was first adopted for Asian Athletic Championship held in Bhubaneswar in 2017. It is now the official mascot for all National and International sporting events in Odisha.

The Olive ridley turtles are the smallest and most abundant of all sea turtles found in the world, inhabiting warm waters of the Pacific, Atlantic and Indian oceans. These turtles are best known for their unique mass nesting called Arribada, where thousands of females come together on the same beach to lay eggs. Their numbers have been declining over the past few years, and the species is recognized as Vulnerable.

Growing to about 2 feet in length, and 50 kg in weight, the Olive ridley gets its name from its olive colored carapace (hard case), which is heart-shaped and rounded. These turtles spend their entire lives in the ocean, and migrate thousands of kilometers between feeding and mating grounds in the course of a year.

Interestingly, females return to the very same beach from where they first hatched, to lay their eggs. During this phenomenal nesting, up to 600,000 and more females emerge from the waters, over a period of five to seven days, to lay eggs. They lay their eggs in conical nests

about one and a half feet deep which they laboriously dig with their hind flippers. The coast of Orissa in India is the largest mass nesting site for the Olive-ridley, followed by the coasts of Mexico and Costa Rica. After about 45-65 days, the eggs begin to hatch, and these beaches are swamped with crawling Olive-ridley turtle babies, making their first trek towards the vast ocean. During this trek they are exposed to predators like jackals, birds, hyenas, fiddler crabs, and dogs lurking around, waiting to feed on them. It is estimated that approximately 1 hatchling survives to reach adulthood for every 1000 hatchlings that enter the sea waters. This may also be the reason why arribadas happen and a single female can lay 80 to 120 eggs and sometimes even twice in a season; to increase the hatchlings survival rate.

Olive-ridleys face serious threats across their migratory route, habitat and nesting beaches, due to human activities such as turtle unfriendly fishing practices, development and exploitation of nesting beaches for ports, and tourist centres. Though international trade in these turtles and their products is banned. The most severe threat they face is the accidental killing of adult turtles through entanglement in trawl nets and gill nets due to uncontrolled fishing during their mating season around nesting beaches.

To reduce accidental killing in India, the Orissa government has made it mandatory for trawls to use Turtle Excluder Devices (TEDs), a net specially designed with an exit cover which allows the turtles to escape while retaining the catch.

Source: WWF-India



MASCOT OF THE CHAMPIONSHIP

OLLY the Warrior

Though these turtles are considered slow in their movement, they are regarded patient and observant about their activities and hence emerge as winners in the end.

Their outer shell also defines strength in a manner which can withstand any extreme condition.

The mascot personifies qualities like tactful planners and being cautiously wise.





MARTIAL HERITAGE OF ODISHA

Manoranjan Panigrahy

Principal Secretary, Odia Language, Literature and Culture
Government of Odisha, Bhubaneswar

It is extremely pleasant information that Odisha Police is organizing “All India Police Judo Cluster” in the month of November and a souvenir is being brought out to commemorate this momentous occasion. All India Police Judo Cluster will include Judo, Taekwondo, Wushu and Gymnastics. Police personnel, being an important instrument to look after law and order and to assist in rescue operations during calamities must have trainings and skill developments in all these



sports. It will enhance the capacity building of the Police.

Odisha has a long history of Martial tradition Kalinga war, Odisha’s great battle fought with Ashok the great is an example of the bravery, courage and warfare skill of its people. So in spite of bloodshed, killings and other losses the battle transformed the great king who finally abandoned violence and became ‘Dharmashoka’ from ‘Chandashoka’.

Odisha’s own empire builder, Kharvela had avenged the defeat of Odias in the battle of Kalinga and made his career as one of the rare example of oriental valour.

Adikabi Sarala Das lived in a time when militarism was at its splendid height in Odisha. In ‘Chandi Purana’, one can find vivid description of Martial Art during the war between Shree Durga and Mahisasura, the demon. In temples, we find scenes of heroic deeds, warfare and freizes of innumerable elephants. Our temples are replete with the images of great heroes, warriors and soldiers.

Martial Art has been reflected in various dance forms of Odisha. Chhau Dance has serious Martial characteristics while different Mudras of Ghumura Dance bear resemblance with typical Martial Arts. Ranapa Nacha is another performing art form very much prevalent in Southern part of Odisha. Ranapa, an instrument made of wood is attached to the legs to add height to the Paikas. Wearing Ranapas, a Paika or Padatika could increase his movement in double or triple speed. As Ranapas were used by the traditional Paikas, it can be categorised under Martial Art.

Odisha’s Paikas were famous for their valour, brevity courage and physical skill. They were in charge of security and defence at almost all strategic points. Paikas even demonstrated their unity in continuing Paika Rebellion against British Imperial Force. ‘Paika Vidroha’, popularly known as ‘Khurudha Mutiny’ occurred before the



Sepoy Mutiny (1857) may be regarded as the first war of independence struggle in the Indian history.

Military Training Centres in Odisha were called 'Akhada' where different skill developments

Lord Jagannath, presiding deity of Odias has been the inspirational source of defence, fearlessness and strength of Odias. History has recorded illustrious anecdotes regarding Lord's



were learnt by the 'Mallas' or 'Gurus'.

Self-Defence is contemporary skill which has been imparted in our state under Government Sponsored scheme. Girl students are given adequate training in self defence in educational institutions.

cooperation in the battle fought between Gajapati Purusottam Deva and the King of Kanchi. It is distinctive that Odisha had a glorified heritage of martial strength. Revival and renaissance of our great strength will only be possible through continuous practice and meaningful experiments.



*Float like a butterfly,
sting like a bee.*
– Muhammad Ali



JUDO UPDATE

Judo History

Judo was created in 1882 by Professor Jigoro Kano. As an educational method derived from the martial arts, judo became an official Olympic sport in 1964 (after being named as a demonstration sport at the 1940 Tokyo Olympic Games which were cancelled due to international conflict). Judo is a highly codified sport in which the mind controls the expression of the body and



is a sport which contributes to educating individuals.

Beyond competitions and combat, judo involves technical research, practice of katas, self-defense work, physical preparation and sharpening of spirit.

As a discipline derived from ancestral traditions, judo was designed by its Master Founder as an eminently modern and progressive activity.

JUDO MORAL CODE

POLITENESS (rei-gi) Respecting others.
COURAGE (yû-ki) Doing what is right.
SINCERITY (Sei-Jitsu) Talking without falsehood.

HONOUR (mei-yo) Keeping your word.
MODESTY (ken-kyo) Talking about oneself without pride.
RESPECT (son-kei) Without respect there is no trust.
SELF CONTROL (ji-sei) Knowing how to keep your anger in check.
FRIENDSHIP (yû-jô) This is the purest of all human feeling.

Summary of Revised Rules for Judo

Duration of contests

- Men and women four (4) minutes.

Scoring

(In Judo scoring scheme, an ippon is given 1 point and Waza-ari is given ½ point. Once an ippon is scored the contest ends. Two Waza-ari amounts to one ippon)

- There will now only be Ippon and Waza-ari. Yuko is removed.
- **Ippon** will be given when the contestant throws his opponent on the back, applying a technique or countering his opponent's attacking technique, with considerable ability with maximum efficiency .

Following is the criteria for awarding **Ippon**:

1. Speed
2. Force
3. On the back
4. Skillful control until the end of the landing.

Rolling can be considered **Ippon** only if there is no break during landing.





Waza-ari will be given when the four ippon criteria as mentioned above are not fully achieved.

The value of Waza-ari includes those given for yuko in the past.

Two Waza-ari are the equivalent of one ippon (waza-ari-awasete-ippou) and the contest will be finished.

Rolling can be considered Waza-ari if there is a break during landing.

Waza-ari Examples - Landing on both elbows or two arms.

Landing on one elbow, on the bottom.

Immobilisations

- Waza-ari: 10 seconds
- Ippon: 20 seconds

IJF WwWazaULES 2018-2020 **NEW**

Technical score

- In regular time (4 minutes), a contest can only be won by a technical score or scores (Waza-ari or Ippon).

- A penalty or penalties will not decide the winner, except for Hansoku-make (direct or accumulative).

{There are two penalty categories: "Shido" for minor violations, and "Hansoku-make" for serious violations}

- A penalty is never a score.
- There are now two Shido and the third Shido becomes Hansoku-make.

Golden score

When both players have no technical score or the technical scores are equal at the end of the regular contest time, the contest shall continue in Golden Score regardless of the number of Shido given.

- Any existing score(s) and/or Shido(s) from regular time are carried into the Golden Score period and will remain on the score board.
- Golden Score can only be won by a technical score (Waza-ari or Ippon) or Hansoku-make (direct or by accumulative Shido).
- A penalty is never a score.



Source:

[https://www.ijf.org/International Judo Federation \(IJF\) Website](https://www.ijf.org/International Judo Federation (IJF) Website)





INTRODUCTION TO WUSHU

Shambhu Seth

Competition Director (Wushu)

36th National Games, Goa & Chairman Technical Committee
Wushu Association of India Ph: 9062612345

Wushu is a collective name of all Chinese martial arts which are today practiced as sports. Wushu is more commonly known as Kung-fu in foreign countries.

The origin of Wushu may be traced-back to pre-historic times, when our ancestors used stone tools and wooden club to defend themselves while hunting both for subsistence and self-defense against beasts and poisonous snakes.



Meaning of 'Wushu':

Wu-means - "War"

Shu-means - "Art"

Wushu is a branch of knowledge dealing with offence and defiance techniques. Wushu is

can be classified into numerous schools and styles. Wushu may be performed either "with bare hands or with weapons such as the swords, sword, spear, cudgel and so on all arranged according to the law of attack and defence. Wushu exercise may be done either individually or by two or more person following regulated pattern.

Wushu came in India in 1989. Since then 26th Senior National Championship, 16 Junior National Championship & 17 Sub junior National Wushu Championship have been successfully conducted. Wushu is the priority sports in the Ministry of Youth Affairs & Sports, HRD Govt. of India and officially recognized in 1993 Indian Olympic Association affiliated Wushu Association of India in 2006. Wushu is regular event in School National Games.

Wushu is a traditional Chinese Sports which plays attention to both internal and external exercises with fighting movement as its main contents and routine exercises and free combat as its forms.

Wushu is combination of two parts:

- a) Sanshou - Free Combat Fight
- b) Taolu - Routine Exercise

A) Sanshou

Sanshou is a combat part of Wushu. Sanshou stands for the combination of 3 arts (San means three, Shu means art). It is basically the combination of three styles of fighting i.e. Kicking, Punching and Throwing. This feature makes



sanshou different from the other arts such as Judo, Wrestling, Boxing etc. Sanshou was introduced as an international event back in the year 1979 since then Sanshou has become a most popular event in the world.

Sanshou Protective Gears:

1. Head Guard
2. Chest Guard
3. Teeth Guard
4. Bandage
5. Gloves
6. Groin Guard

B. Taolu :

It is the demonstrative part of the fighting skills. In Taolu fighters demonstrate their skill with energy, speed, agility rhythm etc. without any opponent or with opponent. The skill and technique which is shown fixed in a particular pattern, but in senior category we create the difference types of movements and events used in Wushu Taolu competition. Taolu is recognized sports in Asian and Olympic games and been played in all groups i.e. senior, junior and sub-junior categories.

In routine exercise there are 11 competition events in which 3 are bare hand routine, 4 short weapons, and 3 long weapon and Dual event.

Bare Hand:

1. Changquan (Long Range Boxing)
2. Nanquan (Southern Style Boxing)
3. Taijiquan (Grand Ultimate Fist)

Short weapon:

1. Jianshu (Straight Sword)
2. Taijijian (Taiji Sword)
3. Daoshu (Broad Sword)
4. Nandao (Southern Style Broad Sword)

Long weapon:

1. Gunshu (Cudgel)
2. Qiangshu (Spear)
3. Nangun (Southern Style Cudgel)

Dual event:

1. Dual event.

Without weapons & with weapons and bare hand against weapon.

Type of Competition:

1. Individual Events
2. Team
3. Individual and Team

Competition Classification by Age:



1. Adults (above 18 years)
2. Junior (14-18 years)
3. Sub-Junior (under 14 years)

TAOLU COMPETITION EVENTS:

Sub-Junior Events:

1. Changquan (Long Range Boxing)
2. Nanquan (Southern Style Boxing)
3. Taijiquan (Shadow Boxing)
4. Jianshu (Straight Sword)



5. Daoshu (Broad Sward)
6. Gunshu (Cudgel)
7. Qiangshu (Spear)

Junior Events:

1. Changquan (Long Range Boxing)
2. Nanquan (Souther Style Boxing)
3. Taijiquan (Shadow Boxing)

SANSHOU WEIGHT CATEGORIES					
Senior (Above 18 years)			Junior (14 to Below 18 years)		
S.No.	Male	Female	S.No.	Male	Female
1.	Below - 48 kg	Below - 45 kg	1.	Below - 45 kg	Below - 45 kg
2.	Below - 52 kg	Below - 48 kg	2.	Below - 48 kg	Below - 48 kg
3.	Below - 56 kg	Below - 52 kg	3.	Below - 52 kg	Below - 52 kg
4.	Below - 60 kg	Below - 56 kg	4.	Below - 56 kg	Below - 56 kg
5.	Below - 65 kg	Below - 60 kg	5.	Below - 60 kg	Below - 60 kg
6.	Below - 70 kg	Below - 65 kg	6.	Below - 65 kg	
7.	Below - 75 kg	Below - 70 kg	7.	Below - 70 kg	
8.	Below - 80 kg	Below - 75 kg	8.	Below - 75 kg	
9.	Below - 85 kg		9.	Below - 80 kg	
10.	Below - 90 kg				
11.	Above - 90 kg				

SUB-JUNIOR (UNDER 14 YEARS)		
S.No.	Male	Female
1.	Below - 20 kg	Below - 20 kg
2.	Below - 24 kg	Below - 24 kg
3.	Below - 28 kg	Below - 28 kg
4.	Below - 32 kg	Below - 32 kg
5.	Below - 36 kg	Below - 36 kg
6.	Below - 40 kg	Below - 40 kg
7.	Below - 44 kg	Below - 44 kg
8.	Below - 48 kg	Below - 48 kg
9.	Below - 52 kg	Below - 52 kg





4. Jinshu (Straight Sword)
5. Taijijian (Taiji Sword)
6. Daoshu (Broad Sword)
7. Nandao (Southern Style Broad Sword)
8. Jgunshu (Cudgel)
9. Qiangshu (Spear)
10. Nangun (Southern Style Cudgel)

Senior Events:

1. Changquan (Long Range Boxing)
2. Nanquan (Southern Style Boxing)
3. Taijiquan (Shadow Boxing)
4. Jinshu (Straight Sword)
5. Taijijian (Taiji Sword)
6. Daoshu (Broad Sword)
7. Nandao (Southern Style Broad Sword)
8. Jgunshu (Cudgel)
9. Qiangshu (Spear)
10. Nangun (Southern Style Cudgel)
11. Dual Event (Dual Events)

Competition Arena for Taolu:

The Taolu competition shall be conducted on a carpet of 14 meter length and 8 meter

breadth demarcated on four sides by white line 5 cm thick.

Regular courses are conducted by Sports Authority of India in Wushu at Netaji Subhash National Institute of Sports (NIS), Patiala.

44 Units are presently affiliated with Wushu Association of India including Departmental organizations in Service Sports Control Board, ITBP, CRPF, Assam Rifles, SSG, All India Police Sports Control Board and Union Territories and also included in Khelo India & University Games.

Wushu is included as regular event in Asian Games, SAF Games, National Games, National School Games also affiliated with Indian Olympic Association and recognized by International Olympic Council.

Ms. Sandhya Rani became the first Indian Wushu Player to get Arjuna Award in 2011, followed by Mr. Bimoljit Singh in 2012, by Yumnam Sanathoi Devi in 2015 and by Ms. Pooja Kadian in 2018.

Wushu Association of India is chaired by Mr Bhupender Singh Bajwa as President & Mr Suhel Ahmed as General Secretary.



*The focused mind can pierce
through stone.*

– Japanese Maxim





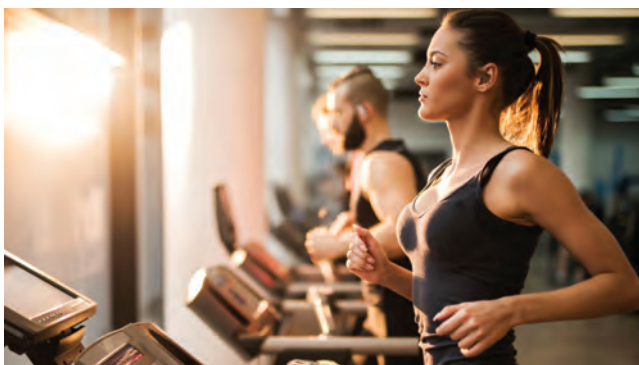
FITNESS - A HOLISTIC PERSPECTIVE

Manoj Chhabra, IPS
ADGP, Odisha

Who doesn't want to be fit? Be it young or old, everyone aspires to become fit or fitter. A fit person is not only likely to enjoy good health and long life but is also able to perform his work efficiently. That is why even the organizations are keen to improve the fitness of their employees. However there are many misconceptions about fitness. To most people, having a pot belly is a sign of being unfit and consequently, absence of it is considered as fit. However fitness has many dimensions, one can be fit in one area and totally unfit in another. For the sake of understanding we can broadly divide fitness into two areas: Physical and Mental. Real fitness includes both these aspects.

Physical Fitness

The human body is a complex machine and requires regular exercise and maintenance to keep working efficiently. Being physically fit means that we have the required strength, endurance and flexibility in our body. It also depends on the



kind of job you do. A soldier or a policeman requires different degree of fitness than a doctor or teacher. Having bigger muscles and showy biceps may look good but is not necessarily a sign of good health and functional fitness. Further the fitness regime needs changes with age. As we grow older, we need to develop more core strength and flexibility as muscles lose their mass & elasticity and it is necessary to do proper warm up and stretching exercises in order to avoid injuries. Overall fitness can be compared with a three legged stool- First leg is the physical activity, second leg is proper and nutritional diet and the third leg is adequate sleep. If the legs are not in proper proportion the stool will not be stable. Importance of rest and sleep should not be ignored.

Mental Fitness

Mental fitness lies in having a strong and healthy mind which will allow you to handle various challenges and opportunities smoothly without getting worn out. Mental fitness helps you in improving concentration and focus, to handle stress more effectively and enjoy a fulfilling and healthy life. This aspect is often ignored but is equally if not more important. The modern life is full of hectic activity but not necessarily of the physical kind. Stress is the bane of modern life and leads to all kinds of problems, both mental as well as physical. It is now recognized that mental and physical fitness are





Yoga provides a complete guide for fitness. The Yoga philosophy is holistic; the physical postures (aasanas) which improve strength, endurance and flexibility are just one part. Meditation and Breathing exercises (Pranayam) aims to improve mental fitness. A proper fitness regime provides the basis for a healthy and happy life.

inseparable from each other. Body and mind do affect each other in a significant way. Physical exercise releases feel good hormones and mental fitness improves our focus and physical performance. A perfect example is the sport of Shooting where both a steady hand and a calm mind are needed for a perfect shot.



Take care of your body. It is the only place you have to live.

– Jim Rohn





A GLIMPSE OF GYMNASTICS IN INDIA

Dr. Sanasam Shantikumar Singh
General Secretary
Gymnastics Federation of India

On behalf of the Gymnastics Federation of India, I am pleased to state that Indian Gymnasts have achieved international standard in Gymnastics.

It is said that “Gymnastics is the mother of all sports” as all the activities of Gymnastics lays the foundation of physical activities. It is pleasure to see increasing popularity and progress in the country in various disciplines of Gymnastics like, Artistic, Rhythmic, Trampoline, Acrobatics & Aerobics, etc.

Gymnastics Federation of India has a long

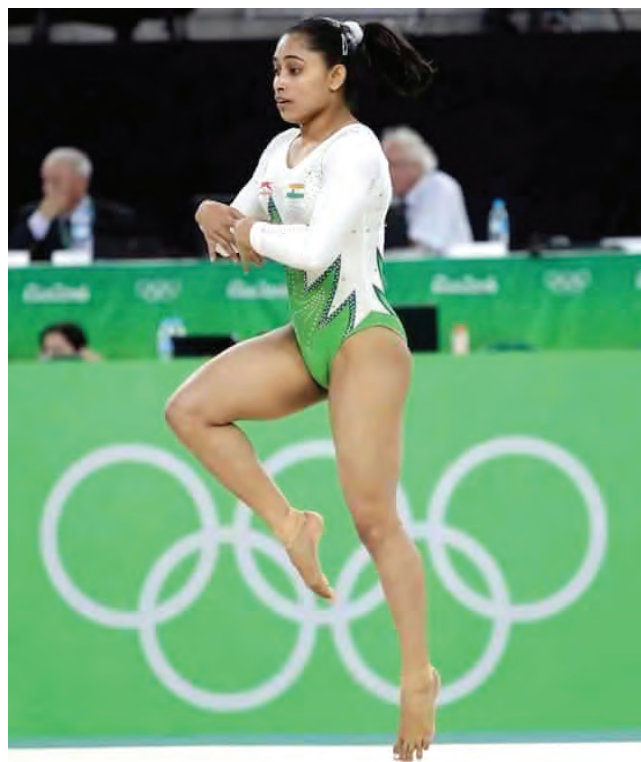


history. It came into existence in the year 1951. In this long journey of 67 years, under the able guidance of its leaders like, Shri P.N. Mathur, Shri Rameshwar Dayal, Shri V.K. Garg, Shri B.S. Ojha, Shri Sudhir Mittal, Shri Jaspal Singh Kandhari as past presidents of GFI has shown glorious days to this lovely sport.

Indian Olympic Association (IOA) &

International Gymnastics Federation (FIG) has also granted recognition to GFI since 1952 and now GFI is progressing & preparing for major international Gymnastics events with full support of Ministry of Youth Affairs & Sports, Government of India.

Taking a glimpse into the history, in the year 1952, GFI participated in Helsinki Olympic Games with two Gymnasts, namely Mr. Khushi Ram & Mr. Veer Singh. The next international participation was in 1956 at Melbourne Olympic Games with 3 Gymnasts followed by Tokyo Olympic Games in the year 1964 with a participation of 6 Indian





Gymnasts. Thereafter, after a gap of 40 years, Ms. Deepa Karmakar represented 2016 Rio Olympic Games and ranked 4th in Vaulting Table.

I am proud to state that our Indian Gymnasts have bagged medals in Commonwealth Games & Asian Gymnastics Championships.

Shri Vikas Pandey, an outstanding gymnast from Uttar Pradesh won first Gold Medal for India in International Gymnastics competitions in the year 1994. The other Gymnasts to win the medals in International competitions are Shri Ashish Kumar, Miss Deepa Karmakar, Miss Aruna Reddy & Shri Rohit Jaiswal. It was a great moment for GFI when Miss Deepa Karmakar was honoured with “Khel Ratna Award” by Honourable President of India for her excellent achievement in Gymnastics. Besides, GFI fraternity consists of 8 Arjuna Award winners along with 2 Dronacharya Award winners.

In addition to Artistic Gymnastics, the popularity of Rhythmic, Aerobics, Acrobatics & Trampoline/Tumbling Gymnastics is also getting due recognition in India with increase in participation in various international competitions.

It is a fact that plenty of talent is available particularly in the rural areas of India. GFI is planning to mobilize this hidden talents with the help of various schemes of Ministry of Sports with full support of IOA.

I look forward for the contribution from private sectors & sponsors that will help GFI into turning our dream of bagging more & more medals at international competitions in future.

Gymnastics, a globally recognized sport, involves skill, strength & stamina and helps our youth and children to develop self confidence. Apart from the physical benefits, gymnastics helps in inculcating discipline of mind and body, thereby enabling gymnasts to develop their full potential.

Gymnastics is a sport which adds conscientious aesthetic aim of opening eyes to the harmonious beauty of human body. The activities of Gymnastics are scientific & analytical in nature as it involves attention to every part of the body and use of all physical as well as mental abilities.

Further, the Police forces in India has played



remarkable role in development of Gymnastics movement in India by creating employment opportunities to young & talented gymnasts of India.

I look forward for similar support in future & hope that the 3rd All India Police Judo Cluster will be a remarkable event in the history of Odisha Police Sports. I wish a great success for the organization of this Police meet and wish all the best to all the participants.





POLICE SPORTS POLICY - NEED FOR A RE-LOOK

Dr Sudhanshu Sarangi, IPS
ADGP, Odisha

Sports were an integral part of life in the police since the introduction of the present police system in India in 1861. Modelled on the Irish Constabulary, this police system has an un-armed or civilian 'core', supplemented at times of need by large body of men, armed and kept as reserve, at the district and State levels. Eventually an armed reserve was also created by the federal government in 1939 to reduce dependence on the Army. With the passage of time new central forces have been created to fulfil specific mandates. These reserved components were subject to regimentation and continuous physical training to enhance their effectiveness. Sports were a part of this regimentation process; the available personnel took part in PT and parade in the morning and games in the afternoon.

The Superintendents of districts and Commandants of Armed Battalions initially came from the Army till recruitment to senior positions in the police began to be done separately. When independent examinations were held most new entrants to the senior ranks in the police came from English boarding schools and for them sports was a serious hobby. The officers went for horse riding in the mornings and played tennis in Officers' clubs. But, once in a while they also played football or hockey with the men. Many of them represented their units in police tournaments and were no novice in the games they played. The Civilian police constabulary came through regimentation at the stage of basic

training and a substantial tenure in the armed reserves. For civilian un-armed officers posted to Police Stations, sports ended after basic training. Nonetheless, there were a large number of police personnel who played sports regularly or had played for a substantial number of years. The culture within the police remained sporty without a shred of doubt.

The old culture of sports in police lines and armed battalions has more or less evaporated by now. Gone are the days when the armed police will be sparingly used because they can intervene with force, restore normalcy and return to reserve. They no longer demonstrate shock and awe. The armed police carry arms, more lethal than colonial times. But, mostly armed force is now deployed as a routine, though the use of force has become virtually impossible, as it should be in any democracy. Reserve is hardly reserve these days and yet India has persisted with the Irish model and has increasingly militarised its police force rather than strengthening its civilian core. This situation has arisen because, on the one hand, democracy allows people to peacefully assemble in large numbers for religious, political and cultural purposes and on the other, Indian police has been assigned the responsibility of fighting various armed insurgent groups, a task normally handled by the Army in most countries. New armed battalions and Specialised Forces have been raised to meet growing demands and yet, personnel are always deployed on duty, away from Battalion Headquarters or district reserves.





Indian police no longer have time or opportunity for playing sports. So, what remains as the culture of sports is a calendar of sports tournaments. Being large organisations, police sports have now evolved into a club model. Resources are spared to run these clubs, mostly for the pride in winning competitions or at least giving a fight when one cannot win. The standards in police tournaments have been going up with more and more resources being pumped into these teams. Trophies won are proudly displayed in force headquarters. There are obvious branding benefits in having successful sports teams. All forces need to feel a sense of pride and belongingness that comes with participation and win in sports events. Sports teams are unifiers in that sense.

In a club model, men and women are recruited specially because of their sporting talents having excelled at the state or national level and these professional sports persons play sports and compete in tournaments. Undoubtedly, the recruitment of sports persons into the police is helping development of sports in India generally. In earlier times also, sports talents were recruited. However, sports were not limited to these sports persons only. Now, police personnel in active duty do not any longer play sports and have nothing to do with it. Indian police, much like Indian society, have very limited participation in sports, other than as spectators and the general physical fitness levels are low in our country. Sports have many benefits provided people participate in them. Our focus on sports tournaments and grand events disguises the pathetic sports infrastructure, poor structure of school sports and the fact that Indians hardly play sports of any kind, not even Cricket.

British introduced us to ceremonies and we are hooked on to their grandeur and

resplendence. Frequently we hold North-Korean style large parades, not because there are no other ways of inculcating discipline, but because of mindless ritualism and to an extent feudal mind sets. The attempt by President Donald Trump to organise such a parade in USA was rightly rebuffed because it was viewed as wasteful expenditure and silly. Police in London, Paris or New York do not hold ceremonial parades of whatever kind. We in India have this uncanny ability of converting meaningful activities into routine rituals quite easily and I am afraid that a similar thing may have happened to police sports, i.e. no real sports, but grand tournaments; a lot of pride, but very poor physical fitness standards.

How do we revive the old sports culture in the Indian police? We have to break away from the present club model of police sports. We have to create an enabling atmosphere where more police personnel play sport. They need access to infrastructure and incentives for maintaining physical fitness. Let the performance standards be lower, but regular police personnel should play and show-case their talent in competitions. How exciting it would be if more of our on-duty officers can play some sports at least four times a week and derive benefits individually and at an organisational level? A police force that is physically unfit and mentally stressed has very less reasons to feel happy about splendid sports tournaments involving great club teams. Instead of a club format, sports should be an activity for wider participation, team building and wellness. In tournaments the number of professional sports persons should be limited to one-third; rest should be regular police personnel. There is a need for a re-look at the trajectory police sports in India has taken.

(The views expressed are personal)





TAEKWONDO A WAY OF LIFE

Sudipta Nanda

National Referee Taekwondo

Today we live in a world where young to old needs to be fit physically as well as mentally. When we talk about the best martial art or self defence the first name comes to our mind is the Korean martial art Taekwondo. Taekwondo is a form of empty hand martial arts combat that requires the athlete to use all parts of the body in competition. Taekwondo is a self defence discipline; its name is derived from the Korean words “tae”, meaning kick, “kwon”, a punch or blow with the hand or fist, and “do”, which is a way or method of operation. Among the general public, taekwondo is distinguished from other martial arts by its high speed, sweeping kicks and emphatic punches. Taekwondo was developed as a sport that is representative of a moral code, where principles of loyalty, faithfulness, respect and the preservation of an indomitable spirit form a significant part of taekwondo training. Taekwondo proficiency is recognized through the award of different classifications of belt, with each belt color signifying a level of taekwondo ability. The black belt classifications are the highest levels that can be attained in Taekwondo. There are four aspects to competitive taekwondo—Sparring, Style, Self defence, and a Break test, where objects are shattered through a blow delivered with the hand or foot.



The basic competitive uniform worn in taekwondo is the “dobok”, a loose fitting white coloured jacket and trousers. Athletes wear protectors to shield the torso, groin, shins, forearms as well as a helmet for head protection.

A taekwondo match or bout commences with two competitors facing each other across the mat surface. The match is scored by officials, who assess points for particular types of blows delivered as well as the style of execution by the competitors. Points are awarded for kicks delivered to the front or side of the head, and for punches to the head or the body of the opponent. Unsportsmanlike conduct or any prohibited technique against the opponent attract the penalty as per competition rules.

Taekwondo Theory of Power:

- Reaction Force - As per this principle as the striking limb is brought forward, other parts of the body should be brought backwards in order to provide more power to the striking limb. For an example if the right leg is brought forward in a roundhouse kick, the right arm is brought backwards to provide the reaction force.
- Concentration – This principle refers to the act of concentrating your blows on a small target area, so that the force of the



blow will be greater as compared to striking a larger area. This can also mean that the point of impact should be smaller. For instance, in taekwondo, punches are thrown using the knuckles of the index and middle finger, compared to boxing punches which uses the whole fist.

- Equilibrium – This principle highlights importance of balance in the sports. This refers to balance when both moving and stationary in order to conserve energy that might otherwise be lost while one attempts to regain his balance after a blow.
- Mass – This principle states that in order to reach full impact, an individual has to use his entire body mass behind the move not just his arms and legs as points are only awarded if judge deems that the kick or strike is forceful enough. Using the turning kick as an example, the idea would be to rotate the hip as well as the leg during the kick in order to take advantage of the hip's additional mass in terms of providing power to the kick.
- Speed - The most important aspect of the Theory of Power, speed greatly affects the power behind a move.
- Breath control - When striking a blow or receiving one from your opponent, it is

useful to take a sharp exhale as it causes your muscles to tense up, thus giving your strikes more force and reducing the impact of the blow on yourself.

Even though few practices of Tae Kwon Do have changed over the years, respect is not one of them. Respect is the biggest part of Tae Kwon Do, without respect Tae Kwon Do would not be the huge art it is today. Some of the things that have changed are the belts. The original colours are still the same, but every time you test you either receive a new belt or receive a stripe to place on your current belt. Long ago there was just one belt. There still were colours though: white, the colour the original belt; yellow, the colour achieved thorough sweat soaking into the belt; green, a colour that came though practicing outside and falling; blue, the colour of the sky; red, the colour of blood; and black, the colour of all the dirt mixing with everything else on the belt.

Taekwondo as a sport and as an exercise is popular among people of both sexes since ages. Taekwondo develops force, speed, balance, flexibility, and stamina. It also involves mental focus. Breaking boards, for example, demonstrates a combination of mental and physical discipline. Popularity of Taekwondo is increasing day by day.





PREVENTING MARTIAL ARTS INJURIES

Dr. Mukti Prasad Dash
Consultant Physiotherapist, Sports and YS Deptt., Odisha

*M*artial arts are a popular form of exercise and sport worldwide. After soccer, Judo is the most practiced sport in the world. There are hundreds of different styles of martial arts, each being mechanically, philosophically, culturally, and geographically diverse.

WHAT ARE COMMON MARTIAL ARTS INJURIES?

Martial arts can result in a wide selection of injuries. The injury type is often dependent on the particular form of martial art being performed. Contact martial arts vary widely in their techniques, rules, and protective equipment and these factors affect the injuries and injury rates. Mixed martial arts, traditional martial arts, and self-defence practices differ in techniques, regulations, equipment, and intensity. As a result, martial arts participation causes a wide range of injuries that can vary from mild to severe.

The most common martial arts injuries are sprains, strains, cuts, and bruises. Broken bones also occur. These injuries frequently affect the knee, ankle, shoulder and elbow. Hands are particularly vulnerable to injury during striking martial arts.

Striking martial arts also result in more injuries to the head, face, nose and mouth. Concussions also occur. Some types of martial arts incorporate moves and holds that may result in neck injuries.

Concussion

Common symptoms of concussion include headache, dizziness, nausea, balance problems, difficulties with concentration, and memory

problems. Symptoms can last from several minutes to days, weeks, months, or even longer in some cases. Martial arts that emphasize striking and throwing are more likely to result in concussions. Any athlete with symptoms of concussion should be removed from play and evaluated by a experienced Physiotherapist. He should not be allowed to return to play until cleared by a qualified Sports Physiotherapist.

Head/Eyes/Ear/Nose Injuries

Striking and grappling can result in minor injuries such as cuts, bruises and lacerations. More serious injuries, such as fractures of the nose, face, or skull as well as significant injuries of the eyes, mouth or teeth can result.

Neck Injuries

Minor injuries to the neck, such as bruising and abrasions are most common. Some forms of martial arts, such as jujitsu, judo, and mixed martial arts, do allow choking techniques that can result in loss of consciousness.

Injuries to Extremities

Injuries to the extremities include cuts, bruises, sprains, and strains. Fractures and joint dislocations are less common, but can occur, particularly in styles that use throws and joint locking techniques.

Skin

Cuts are fairly common injuries in martial arts. Athletes participating in contact sports, such as wrestling and martial arts, can be more prone to developing certain skin infections.



HOW CAN MARTIAL ARTS INJURIES BE PREVENTED?

Physical examination: It is important to see your Physio before participating in any sport. Cardiovascular, neurologic, and musculoskeletal problems should be thoroughly evaluated by a Physiotherapist.

Maintain fitness: Be sure you are in good physical condition when you begin martial arts training. Fatigue during training and competition often leads to poor technique and injury. Do not do an activity if you are too tired to do it safely. If you are out of shape at the start of your training, gradually increase your activity level and slowly build up to a higher fitness level. It is essential to build your strength and endurance before attempting complex martial arts techniques. Running, jumping rope, biking, and swimming are good cardiovascular activities to help improve your fitness level. Anaerobic exercise, such as strength training and plyometrics will also improve performance.

Warm up: Always take time to warm up. Cold muscles are more prone to injury. Warm up with jumping jacks, or running or walking in place for 3 to 5 minutes.

Cool down and stretch: Stretching at the end of exercise is too often neglected because of busy schedules. Stretching can help reduce muscle soreness and keep muscles long and flexible. Be sure to stretch after each training practice to reduce your risk for injury.

Hydrate: Even mild levels of dehydration can hurt athletic performance. If you have not had enough fluids, your body will

not be able to effectively cool itself through sweat and evaporation.

Ensure Appropriate Equipment

Headgear is essential when sparring. Cups and protective waist belts add protection to the groin area. Use a mouth guard to protect your teeth, mouth, and tongue. If you wear glasses, use safety glasses or glass guards to protect your eyes. Wrap your hands with the appropriate sized wraps and with proper technique. Properly wrapped hands will feel secure. Proper footwear is important. On matted floors, avoid socks or footwear that may cause you to slip. In many cases, going barefoot provides the most stability. Talk to your coach or supervisor about what type of footwear would be best for your activity and skill level.

Focus on Technique

Spotting (watching and monitoring) is essential. A coach or supervisor should spot participants during all sessions, especially when complex or challenging moves are being performed. Protecting oneself during a fall should be one of the first techniques learned and perfected. Being thrown by an opponent at high speed, or falling on to one's neck or head, can result in serious injury. New techniques should be practiced at half speed. It is also helpful to talk to coach or supervisor before attempting a new move to understand how to safely execute it. Understand the dangers of performing submission holds incorrectly.

Know how much force may inflict injury. Know your opponent's level of experience. Newer participants may not



understand when they are in danger of injury. When being held, recognize when you should tap out for your own safety. Understand what part of your body is in danger with each particular move.

Arm Bar - elbow, forearm, shoulder

Triangle choke - throat, neck

Americana - shoulder, elbow

Kimura - shoulder, elbow

Heel hook (one of the most dangerous moves) - knee, ankle, foot

Guillotine - neck and throat

In competitive martial arts in which weight classes are used, cutting weight may be a standard practice. If you are considering cutting weight, check with your doctor or a trained dietician to determine a healthy way to safely lose weight.

Prevent Overuse Injuries

Because many athletes are focusing on just one sport and are training year-round, Physios are seeing an increase in overuse injuries. Do not allow yourself to play one sport year round — taking regular breaks and playing other sports is essential for skill development and injury prevention.

Ensure a Safe Environment

Practice in a well-padded area. Be aware of your surroundings while other participants are practicing to avoid collisions.

Prepare for Injuries

Coaches, trainers, and other staff should be knowledgeable about first aid and be able to administer it for minor injuries, such as facial cuts, bruises, or minor strains and sprains.

Be prepared for emergencies. All coaches,

trainers, and other staff should have a plan to reach medical personnel for help with more significant injuries such as concussions, dislocations, contusions, sprains, abrasions, and fractures.

SAFE RETURN TO PLAY

An injured player's symptoms must be completely gone before returning to play. For example:

In case of a joint problem, the participant must have no pain, no swelling, full range of motion, and normal strength.

In case of concussion, the participant must have no symptoms at rest or with exercise, and should be cleared by a qualified medical professional.

Summary

- Have a pre-participation physical exam and clearance evaluation before participating.
- When initially selecting the martial art you plan to participate in, learn the inherent risks with each style of martial art before selecting the one to pursue.
- Always train and practice your martial art under direct supervision from an experienced teacher.
- Perform proper warm-up and cool-down routines.
- Wear appropriate protective equipment in your style of martial art, i.e., gloves, mouth guard, headgear, chest protector, padding, and/or bracing.
- Speak with a sports medicine professional or athletic trainer if you have any concerns about injuries or strategies for preventing injuries.





INTRODUCTION TO TAEKWONDO

Manmohan Bhanja

Secretary General, Odisha Taekwondo Association

Taekwondo is a very specific form of martial arts that was created in Korea which is now regarded one of Olympic Sports.

The word “Tae” means “to strike or smash with the foot”; “Kwon” means “to strike or smash with the hand”; “Do” means “way” or “path”. Hence, “taekwondo” is defined as “the way of the foot & the fist”.

Taekwondo in World:

Taekwondo was developed during the 1940s and 1950s by Korean Martial Artists. World Taekwondo (WT, formerly WTF) was founded in 1973 & WT is the governing body for taekwondo in the Olympics and Paralympics.

Taekwondo competition typically involves Sparring, Breaking, and Patterns. Sparring (Kyorugi Event) has been included in the Olympic events since 2000.

Patterns (Poomsae) have been included in Asian Games now.

Taekwondo is included in major International Competition like Asian Games, World University Games, World Military Games, African Games, European Games, Pan America Games, Pacific Games.

Taekwondo Competition:

Competitors are matched within gender and weight division. The Square-Shape Competition Area shall comprise of the contest area measuring area of 10m x 10m and no larger than 12m x

12m.

The duration of the contest shall be three rounds of two minutes each, with a one minute rest period between rounds.

In case of a tie score after the completion of the 3rd round, A 4th round of one minute will be conducted as the Golden round, after a one-minute rest period following the 3rd round.

Points are awarded for permitted techniques as delivered to the legal scoring areas as determined by an electronic scoring system, which assesses the strength and location of the contact. The only techniques allowed are kicks (delivering a strike using an area of the foot below the ankle), punches (delivering a strike using the closed fist), and pushes.

Point Scoring:

Valid points are as follows.

- One (1) point for a valid punch to the trunk protector.
- Two (2) points for a valid kick to the trunk protector.
- Four (4) points for a valid turning kick to the trunk protector.
- Three (3) points for a valid kick to the head.
- Five (5) points for a valid turning kick to the head.
- One (1) point is awarded for every one ‘Gam-jeom’ (penalty) to the opposite contestant.



Only foot techniques attacks to any part of head are allowed. Hand technique to the head are prohibited. Points are awarded when permitted techniques deliver force. Points are awarded through Perceived Stress Scale (PSS) electronic scoring system.

Taekwondo in India:

Taekwondo started in the year 1975 in India. Taekwondo Federation of India (TFI) was formed and established as a National Body of Taekwondo in India in the year 1976. The World Taekwondo Federation (WTF) accorded affiliation to the Taekwondo Federation of India in 1978, the Asian Taekwondo Union (ATU) in 1982, the Indian Olympic Association (IOA) in 1985 and the South Asian Taekwondo Federation (SATF) in 1994. The Department of Youth Affairs & Sports, Government of India also granted recognition to the Taekwondo Federation of India as an apex judicial and autonomous National body of Taekwondo in India in 1988.

Taekwondo was introduced in the National (Olympic) Games held at New Delhi in the year 1985 by the Indian Olympic Association for the first time.

The Sports Authority of India (S.A.I) adopted Taekwondo in its syllabus for coaching Instructor

and The Railway Department extended concession for the Taekwondo players participating in the National & State Taekwondo Championship.

At present Taekwondo Federation of India has its affiliated members Association of States/Union Territories besides Services Sports Control Board (S.S.C.B.), Army Sports Control Board (A.S.C.B.) and Central Industrial Security Force (CISF).

Taekwondo in Odisha

Taekwondo was introduced in Odisha in the year 1976. Odisha Taekwondo Association was formed & established as State Body for Taekwondo on 16th March 1982. Odisha Taekwondo Association was accorded affiliation to the Taekwondo Federation of India in the year 1982. Odisha Taekwondo Association was affiliated to Odisha Olympic Association in the year 2000, September 26. Odisha Council of Sports & Department of Sports & Youth Services, Government of Odisha granted recognition to Odisha Taekwondo Association as an apex body for Taekwondo in the state in the year 1986.

Presently Odisha Taekwondo Association is covering 30 District of Odisha and has produced many National & International Players, International Referee/Coaches.



The ultimate fighter doesn't rely on his hands or feet to defeat his opponent, but rather his mind.

– M.J. Stoddard





MARATHON FOR DUMMIES

Sanjeeb Panda, IPS
IGP, Odisha

"Don't Limit your Challenges, Challenge your Limits."

I am not a professional marathoner. I am a recreational marathon runner. I have started running full marathon in my forties. I have my personal best time of 3:59.39 in Mumbai Marathon 2016 (SCCM). I am not an expert to give advice to the professional runners. But I will narrate certain finer points from my experience for the benefit of people planning to run marathon. In case any runner gets benefited from these, it will make me feel extremely happy.

Training and Coaching:

I always remember the quote in one of the obstacles in our Anti Extremist Training Centre, Chandaka, Odisha :

"Train hard, fight easy, you win.
Train easy, fight hard, you die."

This seems to be equally applicable to marathon running.

"Train hard, run comfortably, you succeed.
Train easy, run hard, you fail".

What I want to emphasize is about the importance of training for completing the marathon. Every year, I take the online running plan from myasics.com, free of cost. You have to log on to www.myasics.com and create an ID. After a few queries on your current fitness, age, aim etc it prepares a personalised plan for you. You can select three or four runs per week. It has slow runs, fast runs, build up runs and gradually increased long runs. But recently the myasics site has been closed and it has moved to runkeeper.com and it is a paid service now.

The training plan emphasizes on adequate rest between runs, as it is the rest that strengthens your muscles. Also during training run, one should not end up slower.

Running Shoes:

Generally people ask whether I run on road or on trail. It's very difficult to find trail with good surface of such length and on uneven surface, the chance of getting injuries is pretty high. It's better to run on the road, as the surface is smooth and the chance of getting injured is less. But one has to choose the right kind of road running shoes. I have used New Balance Vazee pace, Asics Nimbus 18, Asics Kinsei 6, Mizuno wave enigma 5, Asics gel Kayano 24, Mizuno wave Rider 19 for running. One should not use new shoes for the race day. Generally I opt for shoes with more support to prevent injuries. You should have run atleast 100Km in the shoes you use for the race day. Some people think that after 40, one should stop running on the road as you will hurt your knees. But with high quality road running shoes available, running on the road is no more an issue.

Cadence:

While running, maintaining a proper cadence (steps per minute) is very important. After some research from net(<http://rosecitypt.com/run-cadence-is-180-a-magic-number/>), I came across a study on great marathoners and most of them maintain 180 steps per minute. I downloaded metronome APP and couple of running songs with 180 beats per minute in my mobile. I started



synchronising my feet movement to 180 steps per minute. After a few runs, I got accustomed to 180 BPM. I run marathon at 180 steps per minute with the metronome app on throughout. Towards the end, when your muscles don't respond to your command, they somehow follow the metronome beats and move on auto mode. I found this to be quite helpful.

Running Apparel:

I am using running tights from Asics. Earlier I had used running tights from Kalenji. I use



sleeveless running T shirt of Asics, New Balance, Nike for the run. I use Addidas, Nike running socks for run as well as for practice. I use Kalenji boxer briefs for the run and found them to be really good and better than the cotton briefs. They absorb sweat and prevent uprooting of hair from inner thighs due to friction.

GPS Tracking APP:

I use Mapmyride App on my mobile during the run as well as for the practice. I have set the announcements to half kilometres and it is quite helpful in maintaining your pace. Other APPs like Endomondo, Nike+, Strava, Runkeeper work equally well. I carry the mobile throughout the run, during practice and on the race day. Switching off the data improves the battery life.

When you cross the finish line of your much anticipated race, your GPS watch or the mobile app distance doesn't match the distance you'd signed up to run. This can be an incredible source of frustration for runners, especially those gunning for a new personal best.

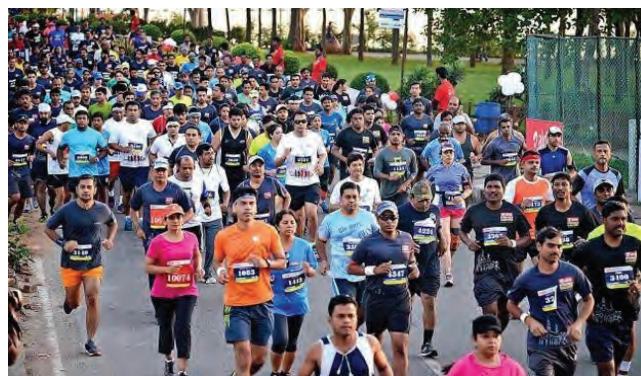
According to study on the GPS technology, your GPS watch or mobile app indicates that you have run significantly farther than you actually have run. It can go upto about 400 metres in a full marathon. Also one had to run little extra, as one had to run criss crossing large number of participants at the start. Hence while running the marathon of 42.195 km, your GPS watch/mobile app may record 42.6 - 42.7 Kms. Hence if you train @10.55 to run the marathon in four hours, you may be short by another three minutes and may miss your target. So if you want to run the marathon in four hours, then run @10.7 kmph as per your GPS watch.

Some articles claim the GPS watch to be more accurate than mobile apps. Also having GLOSSNASS, BDS satellite system in addition to GPS in your mobile improves the accuracy.

Cap and Goggles: I do not use cap or goggles as they add to your burden.

Energy dynamics of marathon:

Carbohydrates that a person eats are converted by the liver and muscles into glycogen for storage. Glycogen burns rapidly to provide quick energy. Runners can store about 2,000 kcal worth of glycogen in their bodies, enough for about 30 km of running. Running becomes noticeably more difficult at that point. When glycogen runs low, the body must then obtain energy by burning stored fat, which does not burn as readily. When this happens, the runner will experience dramatic fatigue and is said to "hit the wall". The aim of training for the marathon is to maximize the limited glycogen available so





that the fatigue of the “wall” is not as dramatic. Carbohydrate-based “energy gels” are used by runners to avoid or reduce the effect of “hitting the wall”, as they provide easy to digest energy during the run. Energy gels

usually contain varying amounts of sodium and potassium and some also contain caffeine. They need to be consumed with a certain amount of water.

About half an hour before the race, I take 200 ml of (Enerzol, Redbull) energy drink. During run I take couple of energy drink and water provided by the organisers. I consume 3/4 of energy gels (Fast&up, GU), which I carry with me. I take oranges, bananas offered by the organisers and locals on the way.

Running Buddy:

It’s very important to find a group to run together. Running alone is boring and requires high level of motivation. Running together really improves your run as you motivate each other. But you have to find a person matching your pace. I found running alone to be quite difficult on the race day.

Cutting the Nails:

I cut my nails before all the big runs. Still some nails get badly injured after the run. Some of nails die after every marathon. But then I started applying Zole-F lotion on the injured fingers and after that the nails are getting recovered.

Prevention of injury to nipples:

Due to sweat and rubbing of the T shirt over the nipples for such a long duration, there is a chance of nipples getting bruised and you may experience bleeding. International sites suggest costly creams to overcome this issue. I simply use two band-aids on the nipples and it works well.

Race Day:

Many people ask me whether I stop for food, drink, rest, toilet etc during the marathon run. I run at a constant speed from beginning to end without stopping. I consume the drinks etc on the run.

Diet Plan:

When you are running long distances, your body requires more protein to repair the muscles. Body requires roughly twice your body weight grams of protein per day. I used to take protein rich diet like boiled egg, curd, dal, chicken, paneer, fish, mutton. Towards the last month of training, when the distance goes up, I take (Muscle Blaze Whey) protein supplement.

Other activities to complement Running:

I cycle three days in week and do strength training for about three days a week. Cycling and strength training positively contribute to the running. Core strengthening exercise also improve your running.

Whether running affects your work:

Many of my colleagues ask whether I feel tired during the office hours. After the run, I feel fresh and energised right through the day. After I have started running, I don’t take rest or take a nap in the afternoon. I also don’t feel sleepy or drowsy after lunch. My concentration has improved drastically. The other benefit is that I don’t fall ill any more due to cold, cough, viral fever etc. Overall I feel my efficiency at workplace has improved.

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The author is an IPS officer of 1994 batch, Odisha cadre. He is an avid cyclist. He has cycled from Bhubaneswar to Bhutan (1302 km in 11 days), Vietnam to Cambodia(2002 Km in 15 days), Cuttack to Kathmandu (1502 Km in 12 days), Manali-Leh-Khardung La in the Himalayas (550 Km in 10 days, 18000 feet above mean sea level).

Even at the age of 50, he regularly runs full marathons (42.195 Km) and half marathons (21.097 Km) in various parts of the country.





SPORTS LEGENDS OF ODISHA POLICE

Bibhuti Bhusan Parida
Sports Officer, Police Hqs., Odisha.



We are grateful to All India Police Sports Control Board for giving Odisha Police an opportunity to host 3rd All India Police Judo Cluster at Cuttack. Objective of the All India Police Sports Control Board (AIPSCB) is to organise and conduct All India Police Games and All India Police Duty Meet once in a year on rotation basis. The Board also organises other events connected with athletics, sports, games or professional policing with a view to achieve the following objectives:

1. To encourage healthy competition among the Police forces in the field of sports, games and athletics and to foster and promote an esprit-de-corps amongst them.
2. To formulate rules/policies for conducting sports activities among Police forces of India and its timely review.
3. To disseminate useful knowledge and skill regarding different sports among the Police forces of India.

It is a matter of pride for Odisha Police that the first All India Police Games was organized by the Odisha Police in the year 1951 at Cuttack under the aegis of All India Police Sports Control Board.

Achievement by Odisha Police in Sports :

Odisha Police has always been an enthusiastic participant in the sports events organised by the AIPSCB. In Odisha, sports activities are included in the training curriculum of police personnel. The objectives being twofold- to inculcate the habit of being physically fit and to develop a spirit of camaraderie, understanding and self

discipline among the trainees. Over the years, Odisha Police has produced many outstanding sportspersons who have brought laurels to Odisha Police at various national and international platforms. Following is the glimpse of our meritorious players :-

Late Sk. Guljar, Ex-Driver

Havildar of Odisha Police represented Indian Athletics Team in 1st Asian Games which was held at New Delhi in year 1951 and secured 4th Position in 10,000 mtr run. He secured Gold medal in 10,000 mtr run in All India Police Games held at Cuttack in the year 1951.



Late Md. Abdul Majid (Bachan), Ex-Superintendent of Police

also represented Indian Football Team in the 1st Asian Games held at New Delhi in

the year 1951.

Late Nanda Krushna Das, Ex-Deputy Commandant

won Gold Medal in 14th Indian Olympic Games held at Bombay in 1950 in Decathlon event. He was the 1st Odia athlete to win a Gold Medal at national level.





Olympian Katulu Ravi Kumar, Deputy Supdt. of Police, (Arjun Awardee) secured Gold medal in 18th Commonwealth

Games-2010 held at New Delhi in Weightlifting (69 kg category) and also secured Silver Medal in 19th Commonwealth Game held at Glasgow in 2014. He also secured Gold medal in Weightlifting event in All India Police Games, 2017.

Deputy Commandant Sribatchha Kumar Singh of

Odisha Police represented Indian Athletic Team in 3rd South Asian Federation (SAF) Games which was held at Kolkata in year 1987. He secured Gold Medal in 400 mtr run in 2nd National Games held at Thiruvananthapuram in the year 1987.



Drill Inspector Anil Kumar Minz of Odisha Police represented Indian Police Athletics Team in World Police & Fire Games at Calgary, Canada in the

year 1997 and secured Gold medal in 4 X 400 mtr Relay. He also secured Gold Medal in 36th Open National Athletics Championship held at Kolkata in the year 1996 and at 37th Open National



Athletics Championship held at Gandhinagar in the year 1997 in 800 mtr run.

Drill Sub. Inspector Saraswati Chand of Odisha Police represented Indian Police Athletics Team in 13th World Police & Fire Games at British Columbia, Canada in year 2009 and 14th World Police & Fire Games at New York, USA. She secured Gold, Silver, Bronze medals in Athletics events. She represented Indian Athletics Team in

the Asian Grand prix Athletics Championship, 2012 at Thailand and secured Gold medal for Indian Athletics Team in 4 X 400 mtr relay event. She was also awarded as the best athlete thrice in All India Police Athletics Championships held in the years 2007, 2009 & 2011.



LNK. Bighnaraj Miridia of Odisha Police represented Indian Police Team in the World Police & Fire Games – 2017 held at Los Angeles, California, USA from 7th to 16th August – 2017 and secured 2 Gold and 2 Bronze medals in Athletics events. He also secured Gold medal in 400 mtr run in 65th All India Police Athletics Championship – 2016 held at Hyderabad, 66th All India Police Athletics Championship – 2017 and in the 66th All India Police Athletics Championship -2018 held at Dehradun (Uttarakhand).



Constable Bonita Lakra of Odisha Police represented Indian Police Team in the World Police & Fire Games – 2017 held at Los Angeles, California, USA from 7th to 16th August – 2017 and secured 1 Gold, 2 Silver and 1 Bronze medals

in Athletics events. She also secured Silver medal for Indian Police Athletics Team in Open National Athletics Championship - 2016 held at Lucknow in 4 X



100 mtr Relay event.

Odisha Police Kabaddi Team secured Bronze Medal in 64th All India Police Volleyball Cluster - 2015 organized by BSF at Jodhpur, Rajasthan in March – 2016.

Odisha Police Shooting Team was adjudged as 2nd Best State Police Shooting Team in the 16th All India Police Shooting Competition 2015 hosted by Assam Rifles at Diphu.

Odisha Police Bomb Disposal Team was awarded Champion Trophy in 2nd National Joint Counter I.E.D Exercise-2016 held at Manesar, Haryana in December-2016.

ASI Chandrakant Barik secured Silver medal in the Yoga Artistic event in the 65th All India Police Volleyball Cluster-2016 held at Visakhapattanam and Gold medal in the Yoga Artistic event in the 66th All India Police Volleyball Cluster-2017 held at Ranchi.

Odisha Police has also produced many outstanding coaches in various disciplines of games. Our coaches have produced sportspersons of national and international repute who have bagged medals in national and international competitions. Some of our coaches have also led Indian team to represent at international competitions.



*We do not stop exercising because we grow old-
We grow old because we stop exercising.*

– Dr. Kenneth Cooper





Welcome to

3rd All India Police Judo Cluster 2018 Cuttack, Odisha



3rd All India Police Judo Cluster 2018



OPENING FUNCTION



OPENING FUNCTION



OPENING FUNCTION



OPENING FUNCTION



1st & 2ND DAY EVENTS



1st & 2ND DAY EVENTS



Medal Giving Ceremony : 16th November 2018



Activities on 17th November 2018



Snapshots of Championship



Snapshots of Championship





पर्यावरण की सुरक्षा का संकल्प

इस संकल्प ने हमारे मन-मानस
में गहरी जड़ पकड़ ली है।



कोल इण्डिया लिमिटेड
विश्व की बृहत्तम कोयला उत्पादक संस्था
A Maharatna Company

प्रकृति के अस्तित्व में ही हमारा अस्तित्व है

