

# ROWING INDIA

2021

START STRONG FINISH  
STRONGER



ROWING FEDERATION  
OF INDIA

RAJLAXMI SINGH DEO

## PRESIDENT

**Dear Friends in Rowing,**

I am pleased to announce the 2nd edition of the quarterly News Letter of the Federation. The year 2020 is coming to an end, and hopefully the troubled times we faced due to the unprecedented pandemic will be over soon.

It has been a very difficult year for all of us, be it in sports or in our personal lives. We were extremely grieved at the passing away of many close colleagues and friends. The untimely demise of Mr. Benoy Chatterjee, Captain of boats, Calcutta Rowing Club, Mr. G. Somasekharappa, Hon'y Vice President, RFI, and Mr. AK (Lala) Chatterjee, a renowned rower of yester-years filled us with sadness. May their souls rest in eternal peace.

I am happy to inform you that the National Coaching Camp to prepare for the Olympic Qualification Regatta is underway successfully at the Army Rowing Node, Pune. A Women's camp has now been assembled at Bhopal and we wish them well.

We hope resumption of most activities in the States will commence soon in a phased manner by following all protocols of using masks, sanitizers and exercising utmost vigilance in terms of social distancing, as far as possible.

I extend my heartiest congratulations to the Secretary General, Rowing Federation of India, Mr. M.V. Sriram, on being elected unanimously as Executive Member of the Commonwealth Rowing Association on 5th Dec 2020, for a 4 years tenure. On behalf of RFI, I wish him a very successful tenure.

We now look forward to a brighter 2021, during which we hope to host our regular national championships commencing from June 2021, as well as participation in International Championships.

In closing, I take this opportunity to wish you all good health, happiness & prosperity in the New Year 2021.

Jai Hind!

**Warmest regards,**

**Rajlaxmi Singh Deo, President  
Rowing Federation of India**



## KNOW YOUR ADMIN

## UJJAL DUGAR

Individuals need somebody to follow, without leaders our societies would crumble and fail. Even worms have leaders, bees have a queen.



were also imported from Wintech in 2014-15 and 2019. His contribution towards other notable turning points for the sport was to send club teams abroad to compete in regattas be it in Colombo, Phillipines, Hong Kong, Singapore and elsewhere. He was the fulcrum in initiating various annual regattas like Inter School and Inter

*I was first bought into Bengal Rowing Club around the year 1978, from the Chinese manufacturer Chung and was the most treasured rowing blade at that time. During that time a young boy named Ujjal Dugar took the most care of me, he was amongst the top few rowers of the club.*

Later, I found out that he was introduced to rowing in 1971 by his uncle who happened to be a member of the club. Today, as I stand proudly as a memorabilia in the club premises, I have witnessed the transformation of many a club rowers into able administrators. After long asiduous years of being the best performing rowers of his time, a sudden injury forced him to repurpose his love and commitment for the golden sport of rowing towards the administrative side of it. With the passage of time, he stepped into the club's administration by becoming the vice captain of BRC. Gradually he turned out to be one of the main masterminds in elevating rowing first in his club, then in his state West Bengal and then for the nation, by serving as the Vice President of the Rowing Federation of India. His forty years of commitment while contributing for the success of his state association WBRA will be forever remembered by the rowing fraternity. Perhaps he is the only person to have served in the state association for such a long term under various capacities, but I admire mostly the phase of him being the President of the association when he brought in immense funding to strengthen the association economically. His moves were what was the necessity of that time starting from importing the first batch of rowing boats during 1987-88 from the world renowned manufacturer of that time "Ailings" when nobody ever dreamed that rowing boats could be imported. After which, two other batches were also imported from Wintech in 2014-15 and 2019. His contribution towards other notable turning batches

College regatta which as on today is not only one of the most popular sporting competitions of the city but the premier ones where the participant gets benefited with a huge buffet of cash prizes. He is a great appreciator for the performers of the sport which was evident when he instigated the management of the club to honor the Indian Rowing achievers of the sport who have brought laurels for India with a hefty honorarium which still stands as a landmark approach by a private club to support the rowers.

*We received the message about two of our rowers making history by being the first Indian pair to win the FEARA championship to the recent consecutive success in the ARAE championships, part of credit for these also fall on his broad shoulders.*

Today BRC stands as one of the forerunners in promoting the sport of Rowing and the greater share of acclaim goes to him.

*He has mastered the art of treasuring the people around him and believing in them. Learns about their problems, lives, hobbies, and loved ones without prying. This is the secret why people show their regard, respect, and react to his plans without questioning him. This motto of his has pushed him to support not only rowing but other sports also considerably. Today he commands respect from the rowing fraternity at BRC who ardently believes the best ad ministerial move from him is yet to come and so every one anxiously hears him out when he interacts with them.*

FROM THE EYES OF AN OAR



# KNOW YOUR CLUB

The **Calcutta Rowing Club (CRC)** as its crest suggests, was founded in 1858 by a small number of avid oarsmen. This makes it one of the oldest rowing clubs in the world and probably, the oldest club in the east.

CRC lost its history including records, documents, minute books, boat house along with boats and more, to the cyclone that hit the city of Calcutta in 1862 soon after it was founded. The only information that was left behind and later on preserved, was the account details of 1858-59 signed by the Honorary Secretary & Treasurer John Cowie. C G Norman is believed to be the one who had done a lot for the development of the club. It is the colour of water i.e. an interesting combination of the blues and the whites were adopted as the club colours in 1864.

The club had won by three lengths in the first race organised against the Madras Boat Club in 1869. In the same year, a permanent boat house was constructed on the Strand Road, Calcutta. However, later in the year 1900, the boat house

was again shifted to Kidderpore Dock area due to the immense pressure of river traffic in Strand Road area. In 1923, CRC was shifted to its present location at Dhakuria Lakes rechristened as Rabindra Sarovar.



In 1901, CRC got the affiliation from the Amateur Rowing Association. The Club visited Rangoon in 1923 to participate in rowing competition. Soon after winning it, the club got affiliation from the London Rowing Club. In the same year, Rangoon paid their first visit to CRC as challengers of Hooghly Cup.

In 1926, the Merchants Cup was instituted with the endowment from the promoters of the local corporates which is an annual event running till date.

In 1933, the Amateur Rowing Association of East (ARAE) was formed. In the same year the annual rowing competition called Head of the Lake Regatta began with the newly formed Lake Club. The centenary year of the club was celebrated in a magnificent manner and the joy doubled with the win of the Willingdon Trophy in the silver jubilee regatta of ARAE.



However, the improvement of CRC continues till date by adding oars, boats, honour winnings. The long journey of CRC has been fortunate enough to win accolades from India as well as abroad. Some of the major rowing competitions instituted by CRC on its own or jointly are:

- Millennium Cup
- ARAE
- FEARA
- Merchants Cup
- Head of The Lake
- Pagal Regatta





# KNOW YOUR COACH

**JOSE JACOB** IN CONVERSATION WITH ATIRIYA DASGUPTA



***You have excelled in the training of female rowers and have also contributed to a number of international medals India has got for female rowers. Why do you train mainly female rowers?***

Well, I train both male and female rowers. In fact, I have also produced national and international male rowers in junior level. Normally in the case of male rowers after their junior career, they opt for govt jobs like CRPF, Police, Army etc., and they start representing their employers.

***Having being the SAI coach of both Jagatpur and Alleppey, what are the main differences do you see between both the NCOEs?***

The main difference was time spent for training in Jagatpur, Odisha was much more than SAI Alleppey because Odisha trainees used to do distance education and tuition whereas Kerala trainees have to physically attend their classes daily from 10.00 am to 3.30 pm which excludes their journey time. So, the training schedules planned for Alleppey trainees are much less and time-bound.

***In your whole span of 30 years of coaching, what is your most memorable moment as a coach and why?***

Firstly, I would like to highlight two memorable movements one of those is the GOLD MEDAL won by my students Pratima Puhana and Pramila Prava Minz in Junior Asian Championship which was held in Hong Kong in 2008 and it was the first time in the history of Indian women Rowing category. Secondly, one of the biggest achievement as a coach was the Bronze medal won by the same students in Asian games which was held in Guangzhou, China in 2010.



***How did your rowing career begin?***

I was a basketball player through which I got selected for the Army in 1983. When I was doing my army training I got selected for rowing in 1984, that's when I started my rowing career.

***Within 2 years of becoming a SAI Coach, you were the chief coach at the Junior Asian Championship, China. What was experienced as a chief coach over there at China?***

Within 2 years of joining SAI, I got the opportunity to accompany Indian rowers as a chief Coach for Junior Asian Championship for the first time. I sincerely thank Rowing Federation of India for giving me such an opportunity. It was a great experience for me as I could observe the international course, technique, process. The best experience I would say was watching other international player's techniques.



***In 2008, Pratima Puhana and Pramila Prava Minz had got India's first gold in Asian Jr rowing Championship under your training and guidance. What was their daily schedule of practice that led them to get the gold medal?***

Pratima and Pramila joined SAI Jagatpur at the age of 13 years. From their budding age, I started training them, they were very much adaptive to the trainings and their dedication which made them very much stronger in the field of Rowing and they became one of the best female Rowers in India and were unbeatable at their time. They both have bagged 50+ medals under my coaching.



***What according to you, should be an ideal relationship between a coach and a rower?***

According to me, a coach must be like a parent to their rowers which will give them the confidence to share their issues, happiness also their fears, this will help the coach to understand their psychology and train them stronger both physically and mentally, especially during competition a coach can boost their confidence and motivate them to achieve their goal. On top of all, a coach and trainee must have good rapport.

***In recent years, the female rowers of Kerala have been making a mark in the national as well as the international arena. What is the reason behind the improvement?***

The only reason behind the improvement is proper training as well as dedication to achieve the set target.


***Why do you think Indian rowing is lacking in making a mark in the international championship other than Asian Championships?***

I think currently our Indian Rowers are internationally acclaimed and their performances in recent years have been really very good. I appreciate RFI for their tremendous support for the sport and the growth of trainees. I believe, in the coming years Indian Rowing will go places.

***Where do you see India rowing 10 years from now?***

I believe in the coming 10 years India Rowing will reach its peak and win Olympic medals.

***What do you have to say to the young and budding rowers of the country?***

Well, I would like to tell them that, it is very important to have an aim to achieve and remain sincere, disciplined and dedicated to the sport.





# KNOW YOUR ROWER

## **How did you start rowing and who introduced you to the sport?**

As a fresh recruit, I was introduced to many sporting events and Rowing happened to be one among those. After a thorough evaluation of my physique, I was given two options that best suited my stature, Boxing, and Rowing. That is how I took to rowing in 1996. I would like to say Mr. Dileep Kumar who was a Kayaking & Canoeing coach at the time and Mr. Ismail Baig who was the Rowing coach at the time introduced and nurtured me in the sport.

## **What is it that you like about the sport that made you choose it as your career?**

In the Army better performance meant a faster promotion. Initially, that is what motivated me. I have to mention that at first, I was selected to the boxing team which did not catch my enthusiasm and therefore, I chose Rowing. As the years passed, my love for the sport kept growing.

## **What were some of your early achievements in rowing?**

I started rowing in 1997, after undergoing satisfactory training in 2000, I participated in the Army Intercenter and Challenger Nationals. In the same year, I won a Bronze medal at the first Open Nationals in the single scull. In 2001, I had won Gold at the National Games and that is how I got selected into the National camp. I am forever grateful to the Rowing Federation of India for providing me with this opportunity. My international journey started with the tour of Germany-Belgium followed by a Bronze medal at the Busan Asian Games in 2002. In 2003 I won a silver at the Asian Championships, which was followed by Open Nationals and National Games. In 2004 I went on to become the first rower in the men's single scull category to qualify for the Olympics.



## **What was the turning point in your career?**

I can proudly say that I have achieved many milestones during my years as a rower and I owe it all to the Rowing Federation of India for being extremely supportive throughout my Journey. To begin with, I managed to win a medal in my first ever nationals which was unexpected but, that worked out well as it helped with my promotion in the Army. My win at the National Games in 2001 was a definite turning point and to have earned the title of an Olympian indeed had a huge impact on my career.

## **How would you describe your journey to becoming an Olympian?**

I have to say, I was extremely excited and motivated for what followed. I was trained at Hyderabad by Mr. Ismail Baig and a Romanian Coach under the Rowing Federation of India. I enjoyed the training thoroughly. I traveled alone from Delhi to Greece, as Mr. Ismail Baig decided to leave earlier for technical reasons. I was anxious the whole all through and upon reaching there I got to see rowers from all over the world. The whole experience was humbling and put a lot

## MR. P.T PAULOSE

**Olympian, Coach and Ex-Serviceman**

### IN CONVERSATION WITH KEERTHANA T.K

I hail from Kannur, a city in Kerala, got enrolled in the Indian Army. Was unaware of rowing as a sport and little did I know, I was going to make a career out of it. I took off to rowing when I was 20 and have been associated with rowing for most of my life, now as a full-time rowing coach at SAI and I couldn't be more happy.

of things into perspective. I realized that we have a long way to go and we need to start working around that goal.

## **Could you share a few memorable experiences from your rowing career?**

My most memorable moment as a rower has to be the win at Asian Games in 2002 as nobody saw it coming. We had a good team participating from India and there were high expectations of a medal from the lightweight fours and doubles but, there were no expectations from our open weight event. Our victory took everyone by surprise.

## **What inspired you to become a rowing coach?**

Most parts of my rowing years I had been under the guidance of Mr. Ismail Baig and I have always admired his intellect and method of training. Through the years I watched and learnt a lot from him. I was taken aback by the faith and respect the rowing community has for him and that is something I wanted to achieve as a coach.



## **What is the one message you have for upcoming rowers?**

***I have always told my students, "The main ingredient is Hardwork. You cannot succeed using a shortcut." I live by this as that has been the experiences of life and hope, that my students learn from my experience.***

## **What is your vision for the sport and what change do you want to see in the future?**

My vision for the sport is to empower and witness women rowers participating in the Olympics from our country. I would also like to see ourselves better equipped and prepared in the future to take up our long term goal of achieving top position amongst all the Asian teams.



# KNOW YOUR ROWER

## NAVNEET KAUR

Navneet Kaur, on her visit to Chandigarh during her school days, was awestruck by the rowers in sculls, rowing past the onlookers in the sparkling waters of Sukhna Lake. That is when she had fallen head over heels in love with the sport.



Later, in her college days, she joined rowing and fulfilled her dream to be a rower. Thanks to participation in athletics in her school days, within a couple of months she was ready to compete in the waters at Junior Nationals. Unlike others, who win laurels in the Nationals, she attained great knowledge about

competitive rowing and was spotted by National Coach, Ismail Baig. The national coach was impressed upon seeing a novice rower with such athletic features and he also saw the potential in Navneet to represent India in the international waters.

Accordingly, Navneet won her ticket to the National Camp at Hyderabad for the Asian Championships. Navneet has represented India in several international championships but, even after giving her "all-out", she was unable to bring medals for her country. On the other hand, Navneet has dominated the women's event in the Nationals for 3 years



straight and shows no signs of giving up her throne. Navneet believes that all the championships in which she had represented her country were learning experiences for her.

Upon asking about her winning philosophy, she replied that



winning a race cannot be done only with strength. Endurance is the other thing that can lead a rowers to win a race. Along with strength and endurance comes confidence and self motivation. She had pressed upon the confidence part saying that confidence can lead even the weakest of the rower to victory but, overconfidence can lead the ablest of the rower to defeat. Self-motivation comes into play when another rower is closer to the finish line and one is struggling to keep up with her. During that time, one should gather all the memories of daily practise to get the medal. Her most favourite memories are of winning 2 silvers and one bronze in the Asian Indoor Championships in 2019. In one of her races when she was lagging behind her other competitors, the cheering of her fellow Indian rowers had given her a new sense of confidence and boosted her energy. With that newly generated energy, she had hit it out and thus, added another medal to India's name. Navneet related about how she had balanced her rowing and her job as a police officer. Even after a gruelling day at work at the police station during the pandemic, Navneet tied the laces of her sports shoes and started working out to maintain her fitness instead of taking rest.

*She advises the budding rowers of the country to always practice the most during training sessions and use the passion as leverage when the body gives up during races. She also advises to maintain self-confidence and motivation and to always listen sincerely to the coach's instructions.*



National camp for Indian rowers commenced on 1 October 2020 after receipt of sanction from the Sports Authority of India. The camp is being conducted at Army Rowing Node, Pune, in which 12 Olympic hopefuls in two categories for Men were selected to qualify for the upcoming Olympics. The first hurdle to cross for these rowers is the Olympic qualification Championship, for which the rowers are very optimistic that they will achieve. The qualification event is likely to be held during April next year. The training is being conducted under the expert supervision of National Coach, Ismail Baig, who has turned out to be the most prolific coach for the Indian rowing since the time he came on board in 1999. Under him, India won as many as 156 international medals including 38 Gold medals which includes two from Asian Games.

# NATIONAL ROWING CAMP

## **Bench Mark:**

Each individual needs to achieve their best on Ergo test by February 2021. Each one is given a target to be achieved. (some rowers have already achieved 6000m best and now, rest of 2000m on ergo as well on water to meet/exceed target timings by end of March 2021)

## **What is New Target in National Camp:**

Due to the ongoing pandemic, all the rowers have lost physical fitness. Rowing is an equipment based outdoor sport on water, and hence, all of it had stopped after 18th March 2020. The first plan and target was to bring their fitness level back to where they had left in March. Since now they are back to previous fitness level, focus is on creating a good base i.e aerobic fitness level, strength and good technique. Strength & conditioning coach Ms. Lavanya, who has previously worked under Sir Steven Redgrave and Chinese national team during 2018-19, is helping the rowers to improve their core strength. In addition, the rowers are being made to do Yoga & Pranayam twice a week. Most of the work is based on Heart rate %. Workload is strictly maintained. Every rower is put on a Single Scull since the last 11 weeks. It helps the individual to improve himself and develop self confidence.

## **Expectations from Boys:**

Good results are expected from the rowers at the forthcoming Olympic qualification. We expect to qualify in both events.

Preparation is also on for the 2021 Asian Rowing Championship which is to be held in India at Bhopal, and the 2022 Asian Games at China.

## **Most Promising Scullers at present:**

Jakar Khan, Parminder and Bittu in Single Scull

Arvinder, Arjunlal Jat, Sunil Attri & Ravi in Double Scull





# NATIONAL ROWING CAMP

National camp for Indian women rowers was started on 21st December 2020 by the Sports Authority of India at Upper Lake, Bhopal, where the hopefuls were selected to have a podium finish at the upcoming Asian Championships, Asian Games and Olympics.

Under the excellent supervision and training of Dalvir Singh Rathore, Arjun Awardee we can pin our hopes high for these girls to raise the Indian flag high among all the other flags.

New training techniques and procedures have been included in the daily schedules to enhance performance.

Schedules have become more scientific and have become heart rate specific. Endurance, perfect technique, anaerobic and strength build-up is the main goal right now. With regular 6km and 2km ergometer and maximum strength TRG tests, the performances of the rowers are monitored regularly. Sport-specific exercises and training are provided to yield maximum performance from the rowers. Each individual needs to achieve their best on Ergo test by February 2021. Each one is given a target to be achieved. A physiotherapist has also been appointed to mend injuries as well as to prevent wear and tear.

Along with the physical training weekly audio/visual sessions are arranged to educate the rowers the technical specifics of the sport.

Good results expected from the rowers in the forthcoming Olympic qualification. We expect to qualify in both events. The most promising rowers are Rukmani Dangi, Vidhya Sankat, Jyoti Kushwaha, Sona Keer, Khushpreet Kaur.





# PARA ROWING

Para Rowing is rowing or sculling open to both male and female rowers with a disability who meet the criteria set out in the Para Rowing Classification Regulations and Bye-Laws. Pararowing was formerly called adaptive rowing and was first raced at the 2002 World Rowing Championships in Seville.

It was introduced into the Paralympic programme in 2005 and at the Beijing 2008 Paralympic Games it was held for the first time. Para-rowing is uniquely integrated with the World Rowing Federation, FISA, and pararowers participate alongside able-bodied athletes at some of the World Rowing Cups and the World Rowing Championships each year. In 2017 the race distance changed from 1000m to 2000 m for all events and several new events were added. There are nine boat classes:

## PR1

Men's single sculls (PR1M1x)

Women's single sculls (PR1W1x)

## PR2

Mixed double sculls (PR2Mix-2x)

Men's single sculls (PR2M1x)

Women's single sculls (PR2W1x)

## PR3

Mixed Coxed Four (PR3Mix4+)

Mixed Double Sculls (PR3Mix-2x)

Men's Pair (PR3M2-)

Women's Pair (PR3M2-)

Para-rowing was introduced by Rowing Federation of India in Mar 2018 with initiation of one male and one female para rower in the PR3 Mix2x class. The RFI, Para Rowing Commission was set-up in Mar 2019 and the first National Para Rowing Camp was held for PR1Mx, PR3M2- and PR3Mix4+ boat classes at ARN, Pune.



## Para Rowing Classification

The basic requirements of classification are as given below:

### PR1:

The PR1 class is for rowers who have no or minimal trunk function (Spinal Cord injury related class). A PR1 class rower is able to apply force predominantly using the arms and/or shoulders. These rowers will also likely have decreased sitting balance.

### PR2:

The PR2 class is for rowers who have functional use of the trunk movement, but are unable to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs. Impaired Range of Movement Athletes have a restriction or lack of passive movement in one or more joints. Basically polio related class.

### PR3:

The PR3 class is for rowers with a verifiable and permanent disability of the limbs of vision. Rowers who have functional use of their legs, trunk and arms for rowing, and who can utilise the sliding seat to propel the boat or Vision Impairment Athletes who have reduced or no vision in both eyes, as a result of damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain

## Names of Para Rowers

Wg Cdr Shantanu, PR1  
 Hav Narayana K, PR3  
 Sepoy Kuldeep Singh, PR3  
 Miss Kritika Khanna, PR3  
 Miss Jyoti Radheyshyam Garderia, PR3



# INTERNATIONAL NEWS

## European Rowing Championships - 2020

One of the few Elite level outdoor events conducted by World Rowing is the European Rowing Championships (ERC), held at Poznan, Poland. One of the highlight events of year. The event saw the return of the Olympic Class, Light-weight Double Sculls. The event saw one of the most nerve wracking finishes with the difference between Gold (Germany) and Silver (Ireland) being a mere 0.03 seconds and Bronze (Norway) finished just 0.67 seconds behind the leaders.



**Team Romania walked away with the largest Gold tally with 5 first places at the ERC.**



## Varsity Rowing Resumes in the United States with mixed results

The University of Washington rowing teams known as the Huskies, commenced training under coaches Michael Callahan (Men) and Yaz Farooq (Women). The teams from Seattle, WA which have won 6 National Titles in 12 seasons under Coach Callahan is rejoicing the re-opening of rowing, albeit on single sculls. The team initially saw a lot of rowers capsize but, have improved in recent weeks with coaches monitoring practice almost the entire day considering limited number of rowing shells. 49 rowers resuming training and 4 out of 6 senior athletes returning to practice, the team is rejoicing. The coaches say the turnout has been much greater than expected.

On the other hand, Ivy College, Yale has seen only 40% of its athletes return to sports and Athletic training. Amidst the pandemic most athletes have preferred to train at home. And with respect to rowing, almost 50% of the Lightweight crew and 61% of the Heavyweight crews are still on leave. Women's crew rowing saw only 45% rowers return to the water this season.



## The Oxford Cambridge Boat Race

Known as the 'oldest boat race', held between Oxford and Cambridge with the fan following of millions. The 166th edition got cancelled due to the Pandemic. The event is however slated to be held on April 3rd, 2021 in a new venue, the Great Ouse on Ely at Cambridgeshire which is only 5 Kms long! The event moved from the 6.8 Km long course on the River Thames because the Hammersmith Bridge which marked the race's half way mark is undergoing repairs making it unusable for racing.

Ely being the University of Cambridge's home waters, the Oxford team is also being allowed to launch their boats from Ely boathouses to prevent any unfair home advantage. This is bound to be an exciting regatta with new rowers and new venues minus the crowd.

Nevertheless, Senior Crew member Charlie, focuses to look at the positives; The focus is currently on bonding and training with the junior rowers until the rest of the team returns to practiced.





# NATIONAL NEWS

## Common Wealth Rowing Association

The Commonwealth Rowing Association was founded on 15th September 2018 at Plodiv, Bulgaria. It consists of members who are recognized National Rowing Federations from Commonwealth Countries or any country who were depended on or associated territories of Commonwealth Countries.

One of the Main Objectives of the Association is to foster goodwill and cordial relations amongst the Association Members and encourage partnership amongst the erstwhile commonwealth for the benefit of the athletes, coaches, citizens and communities in the sphere of Rowing.

It consists of 35 countries now, who are its members.

Rowing was a regular discipline in the Commonwealth Games from 1930 and continued to be so, until 1962. Later it did not find a place in the games, as venue of the CG were not supportive of water sports. Later they introduced a separate Commonwealth Rowing Championships in 2002. The medallist countries in the forefront in Commonwealth Rowing are Australia, England, New Zealand and Canada. Needless to mention that these are the same countries who are the czars of World Rowing Championships and the Olympics with their sterling performance over the years. This year the Annual General Meeting of the Commonwealth Rowing Association was held virtually over the net, on the 05th December, 2020. India fielded our Secretary General's candidature for the post of Executive Members of the CRA. In the elections held, he was elected unanimously as an EC Member of the Committee and he holds office till 2024. India has pitched to host the Commonwealth Rowing Championships at Bhopal as and when the restrictions on free movements are relaxed post Covid, where we can see the best rowers in the world compete in India.



## Indoor Championship at Jammu & Kashmir

The first of its kind J&K Indoor Rowing championship was organized by J&K Rowing and Sculling Association in collaboration with J&K Tourism which got concluded at Nigeen Club on 28th & 29th Nov. The two day championships saw massive participation from 13 districts of J&K including Jammu where participants joined online. As the water sports remain mostly inactive during winter months, Rowing Association under patronage of its President Navin Choudhary has brought in 10 Indoor Rowing Machines. In the first J&K Rowing Championship, Srinagar emerged as overall winner with maximum number of medals while District Bandipora bagged overall second place. Jammu District that had taken part online bagged two medals. All the other participating districts bagged at least one medal each. Director Industries of Kashmir, Mahmood Ahmad Shah was chief guest on the occasion and distributed prizes to the winners.



**Big Congratulations to Deepa Maharaja, former International Rowers for getting conferred with prestigious Eklavya Award by Karnataka Government for the outstanding achievement in Rowing Sport**

He was impressed with the participation of the athletes from far flung areas like Kupwara and hailed organizers for this new initiative. "I am impressed to see players from districts like Kupwara, Shopian and Bandipora actively taking part in the water sports events. It is good for the overall growth of the sport. It is the first time that I am seeing watersport event being held indoor and it widens the scope of holding the events throughout the year. Normally, during harsh winter months watersport come to a standstill but, now that will not be the case. Our youth who during winter months remain indoors glued to their cellphones will now take part in activities like this. It is good and I am hopeful that more equipment are brought and more such events are held throughout winter" said Mahmood Shah.





**Para Sculler**

Para Sculler wing commander Shantanu, shared space with Chief of Air Force Air Marshal Rakesh Kumar Singh Bhadauria at the passing out parade of NDA. Big salute to Indian Air Force for according him this honour. Commander Shantanu had been recognized as an outstanding personality with different abilities and was felicitated by Bihar Govt through the online felicitation ceremony on the occasion of International Day of Persons with disabilities.

**Induction in Executive Committee**

Mr Punit Agarwal, was inducted in RFI Executive Council as an Associate Vice President of the Rowing Federation of India. He is also the Treasurer of Uttar Pradesh Rowing Association.



# NATIONAL UMPIRES WEBINAR

An Online Umpiring Seminar for National Umpires, as well as for those aspiring for a National Umpiring Licence was success

fully conducted via Zoom. The Online session was inaugurated on the Oct 05th '20, by our President Mrs. Rajlaxmi Singh Deo and Coordinated by Secretary General Mr. M.V. Sriram. The sessions were held on 05th, 7th, 10th 12th 14th 19th and 22nd October 2020, with classes starting around 7 PM and continuing till 8.30pm. The Faculty consisted of eminent RFI officials, National Coach, Dronacharya Awardee and National Umpire Mr. Ismail Baig was ably supported by Arjuna Awardee Mr. Saji Thomas. The final classes including practical lessons were handled by Past President and retired FISA Umpire Col. CP Singh Deo. We had an average attendance of over 80 students participating in the online sessions. The sessions were very informative in refreshing the minds of our Umpires especially during the lockdown period. Topics covered mainly centred around the Rules of Racing and Memorandum & Articles of Association of RFI and also some recent changes in FISA rules. The practical sessions were handled by Col CP Singh Deo with mock situations on the waters and how to handle events as they unfold. These were the toast of the session with so many participants chipping in with their answers and articulating on the possible outcome of each situation on the water, during a race. Overall, the session ended with a request for a similar one to be conducted, soon enough.

**WE ACKNOWLEDGE THE HELP OF OUR VOLUNTEERS****KEERTHANA TK****ATIRIYA DASGUPTA**



## ASHOK KUMAR CHATTERJEE

Ashok Kumar (Lala) Chatterjee was a stalwart, a legendary figure in rowing. He was known far and wide for his prowess in rowing as well as in training crews Lala or Lalada began his rowing career in 1952 in Calcutta University rowing club.

While there, he won the junior fours event in the head of the lakes Regatta in 1954.

Thereafter he joined Lake Club, Calcutta, where, in 1965, he and his crew had won the Willingdon fours in 1965 in a record time of 3 mins 16 secs.

He also rowed in a race events in Madras, Pune, Colombo.

He became captain of boats in 1968, 1969, 1970 during which period he trained champion crews who won gold medals in Hong Kong, Colombo and in the national games India.

He also trained several crews who participated in international events in Manila and won gold medals. In 1986 Lalada again became captain of boats and apart from other crews that he trained, there was a champion crew who participated in the Willingdon fours in a race in 1988 at Calcutta and broke his record by clocking 3 mins 5 secs.

He also participated in Henley Royal Regatta in England along with Sumant Dumra.

During his tenure as captain and prior to that, he also participated in Merchants' Cup Regattas, head of the lakes regattas and various other rowing events in and outside Calcutta.

He received prizes from Padmaja Naidu and Dharma Vira who were past governors of West Bengal.

An unassuming, charming, affable and caring person. A very popular figure in rowing and social circles, he had many social and corporate associations and commitments as member of various social clubs in Calcutta and was once elected as President of Saturday Club Ltd.

*Rowing was always his first passion. He will always be remembered as the oarsman who kept the rowing motto flying high-----"long pull, strong pull, pull together".*

**2nd February 1934 – 22nd October 2020**



## BENOY CHATTERJEE

Benoy's introduction to rowing was during his years in college. In between he lost touch for a brief period but, soon re-connected as he joined the erstwhile INDAL. He was a Merchants Cup regular till he got transferred to Mumbai. By then he had taken up membership at Calcutta Rowing Club. He was successfully serving as the Captain of Boats till his demise. Benoy was recently nominated as a member of the Rowing Federation of India's Competition, Regatta & Event Commission. He will be immensely missed.

**1st February 1959 – 5th November 2020**



## OBITUARIES

### SOMASHEKARAPPA

The unknown legend of Karnataka our Somasekharaappa, was born in 04/04/1938 at Devanagere. He finished his schooling from Devanagere and completed his Degree in Physical Education from Gwalior and represented Gwalior Princess Cricketas Umpire. His Father Gurusiddappa, Mother Eramma and Wife: Nilalammanilambika and he had a Daughter: DrJothi. But his achievements towards the country and the state were incredible and unmatched. He was a tiger and remained same. The following are the achievements and leadership details in his legendary career.

#### Leadership details during 1980 to 1998

Judo - President | Boxing - Vice President | Fencing - Vice President | Kanoying - Vice President | Archery - Vice President | Cycling - Joint Secretary | Davengere District Olympic Associations - President | Football Association - EC Member | Gymnastic Association - Vice President | 1986 - KARA Establishment | 1997 - 5th National Games Karnataka Organising Secretary | 1980 - 1998 - Secretary General of KOA under Mr. Natkalappa | 1986 - 2019 - KARA Secretary | 1988 - 1992 - Joint Secretary (IOA) | 1986 - 2016 - RFI Vice President

#### Achievements and contributions to Sports.

During his leadership he constructed and renovated various Sports Arena and Stadiums in Bangalore.

**Never give up attitude:**

**Waking up man in difficulties very optimistic true Sports man and losing and winning is part of life.**



Worked in corpschl served, Karnataka Govt for sometime and then joined as Asst Lecture for Physical Educations at St Johns till his retirement as good offer extension. 1962-1980 as Coach. 1982 - Pre Olympics he was one of the delegates from India.



**OFFICIAL PARTNER FOR BOATS & EQUIPMENT**



[www.indiarowing.com](http://www.indiarowing.com)



[fb/IndiaRowing](https://fb/IndiaRowing)



[indiarowing](https://indiarowing)



[@IndiaRowing](https://@IndiaRowing)



[Rowing Federation of India](https://Rowing Federation of India)