

# ROWING INDIA

— 2022 —



**Edition 8 | Quarter 2 & 3**  
**April - Sept 2022**



# SECRETARY GENERAL'S MESSAGE



It gives me immense pleasure connecting with you through our Newsletter. Hope you and your families are doing well and wish you the best always.

The following are the important events that took place on the Rowing front:

INDIA Participated in World Cup 1 at Belgrade, Serbia. I spoke about the excellent performance of the INDIA team, in my last report.

Later on, we went on to participate in World Cup 2 at Poznan, Poland. We performed well in this Championships and our Para Rowers did us the honors by winning a Bronze. Detailed coverage inside

On the domestic front, we conducted the first ever National Rowing Championships on the picturesque Dal Lake, a dream fulfilled, for me personally. I have always dreamt of conducting a Nationals on the Dal Lake, from the days of my initial trips to Kashmir as a tourist and later officially. All things fell in place, as planned and it was a dream Championships, well done.

Then, after a gap of many years, the 36th edition of the National Games was conducted in Ahmedabad, Gujarat in end September. Planned within a few months, this multi-disciplinary event was hosted by Gujarat government and organized very well. Rowing events took place on the picturesque River Front in Ahmedabad. It was another well-run Championships.

After this we conducted the Indoor Nationals at Chandigarh. We will talk about this in detail in our next newsletter.

We are now planning for the Junior Nationals in Hyderabad in December, 2022 and Senior Nationals at ARN, Pune in February, 2023

Our INDIA Senior & Junior team is also preparing to participate in the Asian Rowing Championships and Asian Junior Rowing Championships at Pattaya, Thailand in first week of December.

On the admin front the following significant events will take place.

The Annual General Body Meeting of the Commonwealth Rowing Association takes place in Swakopmund, Namibia on the 3rd December, 2022.

The Asian Rowing Federation Congress followed by elections takes place in Pattaya on the 3rd December, 2022.

The Delayed Elections to the Indian Olympic Association, which adopted a new constitution is on the 10th December 2022

So, it is a packed December Season with lots of activity.

Please follow us on social media to see the latest updates, as they evolve.

So, till our next update, cheers and happy rowing,

**MV Sriram**  
**Secretary General**

# KNOW YOUR ADMIN:

## BILQUIS MIR

### Leading from the front



**Bilquis Mir has set her goals right and vows to place J&K high in the map of rowing**

Last June, Jammu and Kashmir scripted history. It won its first ever medal in rowing during the Sub-junior and 5th Inter-State Challenger National Rowing Championship at SKICC, Dal Lake. The opening of a fresh chapter in rowing in the valley has only accelerated the region's talent in the sport and has filled young minds and hearts with aspiration and dreams which were till now unthinkable and unfulfillable. Bilquis Mir, Director of the water sports department in the region has a concrete plan in place to tap the talents of the region and put J&K in the highest pedestal of the rowing map in India and the world. The sportswoman has had many firsts including – First women from J&K to coach national team, first Indian women to be inducted into International Referee panel and First Indian women in Kayaking and Canoeing to do strength and conditioning course at University of Birmingham, UK. Excerpts from a chat:

**The start to a glorious innings in rowing by the J&K team was made at the National Rowing Championship. It certainly gives a big boost to rowers in the region. What is your strategy to better the performance and cling to the first gold?**

With just six months of training the boys and girls did very well and got a bronze medal. It's an incredible start for the region; in a way we have progressed remarkably. The mere participation in a national level championship has motivated players and the numbers are increasing. I have a very simple plan and that is to catch them at an early age and train them thoroughly.

**How does it motivate you as a player and coach?**

My dream came true after the first National Championship at J&K. It has motivated me a lot. My struggle and targeted effort have brought this achievement. I was fortunate for the encouragement that I got from the Rowing Federation - both technically and administratively. RFI supported us whole heartedly and whatever we have achieved it is because of the RFI. Our President Mrs. Rajlaxmi Singh Deo deserves special mention for her guidance, motivation, support and encouragement.

**By when do you think J&K will be ready to represent India at the Olympics?**

I hope in 6-8 years they will be ready to represent India abroad in Asian and Olympics championships. The morale is very high; a big door has opened.

**Tell us about your experience in rowing and other water sports?**

When I was 6-years-old and paddling at Dal Lake I used to dream of representing my country at the national level. Being a Kashmiri woman, it wasn't easy to excel internationally. I did lose hope at times but I never quit. It was very challenging when I stepped out of J&K. I had to struggle for 15 years and then I reached where I am today. I kept training for four hours - after school and in all weather conditions.

**You are an inspiration to other women, what inspired you to remain committed to the sports?**

I inspire myself and always dream big. I want to see J&K in the world map of rowing.

# WORLD CUP 1

A total of 17 rowers under the able guidance of their coaches, support staff & RFI delegates embarked on a journey to Serbia to script history. The Coxless Four Team A finished third in the Final B clocking a time of 6.06.17. They beat big players like Austria, Netherlands and Denmark who have given fierce competition to their Indian counterparts in the past. The ranking of 9 is also being seen as a big improvement which has only boosted the confidence of the players. Among other performers it's worth mentioning Men's Quadruple Sculls who finished fourth and Lightweight Men's Double Sculls who finished fifth respectively in Final B. Here's a rundown of the best performers:

## COXLESS FOURS TEAM A



By bagging the third spot Coxless Four Team A did two things. One, it scripted history by becoming the first Indian team to climb to this ranking in the World Cup. And, second, it broke the jinx that the Indian team cannot beat European players. With a time of 6.06.17 the team fought hard in the waters of Belgrade and reached the finish line much ahead of countries like Germany, China and Switzerland.

**"We raced well with China. In fact, the winning time difference between us and them was only a few seconds. This year we also overcame the mind block that we had regarding beating European countries. Germany has been a tough fighter, often taking gold home, but this time we beat them as well,"** says Punit Kumar who was part of the team that also included Jaswinder Singh, Bheem Singh and Ashish.

**Ashish** tells us, "It was a great experience this year at the World Cup. Representing Team India at the international level has its own grandeur and I loved every moment of it." Adding he says, "The game was a photo finish one. China and Ukraine took over the first and second position leaving the third spot for us but we missed both the spots by a few seconds. We could have returned home with gold."

**Jaswinder Singh**, 25, says, "This was my maiden World Cup championship and it gave me immense exposure. My next target is to win gold at the Nationals."



# MEN'S QUADRUPLER SCULLS



Team Men's Quadruple Sculls (M4x) showcased a great deal of strength and stamina, competing with world class players. In the heats they finished fifth with a time of 6.10 and moved to the Recharge round. On Day 2, the team moved to Final B after the scullers finished the race in 6.17.95. In the finals, they performed their best and wrapped up the race in 6.09.10, upholding the fourth position.

**Sukhjinder Singh**, 25, who used to row in the light-weight events rowed in quadruples this time. He says, "The game was a bit different for me because I have been racing in lightweight which has two people while quadruple has four. But it was an interesting experience. I hope to play more and win more." The other players included **Ashish Phugat**, **Jakar Khan** and **Sukhmeet Singh**.



## ARJUN LAL JAT AND ARVIND SINGH

Mens LightWeight Team A



# ARJUN LAL JAT



The Arjun-Arvind pair has brought many golden moments for India. Whether it was performing stupendously at the Tokyo Olympics or winning multiple medals at the Asian and National championships, the duo are a team that India is proud of. In the World Cup 1 and 2, though the two rowers couldn't get in the top 3 slots, their performance added to the collective score of the team that made India shine in Serbia. They finished 5th in the race clocking the time of 6.37.49. We caught up with Arjun Jat and Arvind Singh to know more about their partnership and performance. Excerpts:



## **How satisfied are you with your performance?**

We had set out a target for ourselves and that was to better our Olympics performance. Our last ranking at Olympics was 11. We reached that goal and ranked 10th but I believe there's still a long way to go. We are good performers and we should dream big; we should target being among the top 5.

## **How do you think the goal can be achieved?**

I know it's quite aspirational but we got to dream big because we have the best infrastructure and coach. I believe exposure to camps beyond the national boundary will help us a great deal in achieving that.

## **Tell us about your partnership with Arvind Singh?**

We have been performing for the last 4-5 years together in the light weight category. It's a blessing to have a partner who thinks like you and performs like you too. He is like my brother now and the best thing is our goal is always the same – to give our best and perform better than the last competition.

## **Who was your toughest competitor in the game?**

Japan. Being an Asian country like us, if we can beat them in the game then our position becomes better.

# ARVIND SINGH



## How satisfied are you with your performance?

We gave our best and there's no doubt about that but we still need to improve upon our timing. Our best timing is 6.19 and we were nowhere near that. In fact, our target is to bring down the timing to 6.15.

## How do you think you can achieve it?

We have been practising hard towards our goal but I guess we need to put in more effort. Being in the lightweight category, where we have to maintain a certain weight, it's tricky. However, we are working towards it and I am sure we will reach our target in the next championship.

## Since team Arvind-Arjun are good performers, isn't there a pressure to perform well?

The pressure is there but we don't let all those things bother us. We know our coach is expecting from us so is RFI and our friends and family, but if we let the pressure get into our skin our output will suffer. So, we always give our best as the intention is to make everyone proud.



# WORLD CUP 2

The Indian rowing contingent for World Rowing Cup 2 held at Poznan, Poland in mid-June, included a 40-member team with 29 rowers, 6 coaches, 3 support staff & 2 RFI delegates. They competed in 7 events. In the Para Events, India won bronze. In both Light Weight Men's Double Sculls and Men's Quadruple Sculls India finished fourth in Final B. The Men's Eights team also performed well and finished in fifth position at Final B. This year also saw women rowers from India participating in Rowing World Cup. They left an indelible mark with their performance paving the way for other women to raise their oars high.

## PARA MEN'S PAIR

Konganapalle Narayana and Kuldeep Singh did it again. Their partnership cracked bronze again this year. We caught up with Andhra Pradesh-born Narayana, 33, who has been rowing for the last four years and already has two golds in his repertoire.

### How was the overall experience this year at the World Cup?

This is my second World Cup and in the last one that was also held in Poland in 2019, I had bagged bronze. So, this is my second bronze in this championship. Overall, the experience was good, we learnt a lot. This year we were able to improve our timing so that is a big takeaway. Our last best was 7.57 and this year it was 7.33. So, I am content with my performance.

### What is it that you think you and the coach should do to do better next year and win silver or gold?

For this game we practiced only for one and a half months. I think if we had trained for a longer period and altered our techniques then our performance would have been much better.

### What's the next game you are preparing for?

I am preparing for Asian Championship followed by Asian Games next year.



# MEN'S EIGHT



Consisting of a mix of seasoned as well as confident players the team of Men's Eight gave their best and it showed when they rowed in unison with the focus on nothing but the finish line. The eight powerful pack might have missed the first three spots, especially the third spot by a whisker, but their noteworthy performance exhibited their strong hold in the game and their passion. **Gurmeet Singh avers, "This was my first time so it was a good experience. We missed the third spot to Poland that too with the margin of a few seconds only. With more practice, I am sure we will win the top prize next year."**

**Ashish** who was also participating for the first time in the World Cup rues the fact that their luck wasn't in their side. The 25-year-old says, **"We started off the race really well and we were at par with other teams but a wave disrupted our momentum. I am sure next time we will do better."** The other members of the team included **Jaswinder Singh, Bheem Singh, Neeraj, Niteesh, Punit Kumar, Chiranjiv and Uttam.**



# WOMEN'S EIGHT



When these eight women held the oars cutting the foreign stream with all their might, it was a remarkable spectacle. **Rose Maria, KB Varsha, Sonali, Khuspreet Kaur, Avinash Kaur, Rose Meril, Deepika Xess, Ritu and Srikanth** formed a mighty team on their maiden race in this competition and fought with top players of the world. They finished the race in 7.22.32 in Final A. **Avinash Kaur** whose primary aim was to gain experience at the waters in Poland tells us, **"Being a part of the first team to go to the World Cup is a matter of great pride. Our focus was, primarily to gain experience, though it would be wrong to say that we never wished for a medal."** Continuing the 19-year-old who blames the bad weather as a major hindrance between them and the medal tells us, **"The weather was bad for rowing; strong winds made the water bouncy shaking the confidence of many players in the game. A few teams, which also included Olympic medallists, did not even take any chances and refused to participate. For us, balancing the boat was hard, we even had water coming inside the boat."** Despite bad conditions the team finished the race on a positive note.



# THE 36TH NATIONAL GAMES GUJARAT, 2022

- Rohith Maradapa



Held after a hiatus of 7 years, the National Games (NG) was hosted by the Honourable Prime Minister's Home State, Gujarat. With the tagline 'Judega India, Jeetega India' (When India comes together, India wins), the 36th edition of the Games, hosted participants from 36 States & Union territories, to top it all the Organizing Committee went all out hosting 36 Games, too! Contrast this with the 32 sports to be hosted at the 2024 Summer Olympics to be held in Paris.



## VISION, PLANNING & EXECUTION

The GTCC planned and hosted the NG, across 6 cities & brought 7600 athletes to the field. As the entire event was planned and executed in under 4 months as compared to the 2-3 years under which any other NG are planned out, it required herculean planning and coordination. This is where the President of the Rowing Federation of India, Smt Rajlaxmi Singh Deo stepped in, leading from the front. The RFI was tasked to run the regatta, and considering this was to be Gujarat's first rowing event, the federation even had to help identify a suitable rowing venue. In this regard Shri Ismail Baig, was appointed as the Competition Director, he surveyed several stretches of the river before finally zeroing in on the final venue, which turned out to be a world class course, along 2 kilometers of the Sabarmati. The next task was to procure the equipment for the Games, new boats would take months to import and hence not be feasible. This is where the Army Rowing Node, CME, Pune, stepped in and ensured the venue was equipped with sufficient racing crafts, equipment and spares.

The first couple of days were a bit tedious for rowers due to issues with transport and hotel check-ins, this may have been because of the planning of the grand opening ceremony, however this was later evened out. The Gujarat Sports Authority (SAG) left no stone unturned, setting new standards in accommodation by checking athletes into Star hotels and providing everything that was asked for by the Rowing Federation of India.

The opening ceremony of the Games were hosted in Motera, at the Narendra Modi Stadium, which has a seating capacity of over 130,000! The event which was commemorated by the Honorable Prime Minister, saw a music performance by some of India's top talent including the likes of Shankar Mahadevan, a 36-state represented march past, a dance performance and even fireworks that would match those of an Asian/ Commonwealth Games.



## VENUE & RACING

The banks of the rowing venue were decked up with tents for the visiting teams' athletes and covered viewing areas for the VIPs and spectators, much necessary considering the sweltering temperatures in Ahmedabad, almost 37 degrees (Google Weather said it felt like 40 °C).

Athletes were given 2 days of training to acclimatize with the waters, followed by 4 days of racing, as is standard RFI practice. 22 member states of the Rowing Federation of India were in attendance. For the first time the W8+ event was introduced at the National Games. The course was tricky as the outer lanes, i.e., Lanes 3 & 4, saw stronger currents as they were closer to the apex of the turn in the river. The winds led to a challenging course for every rower. True to the standards set by the RFI, President of Jury, Mr Krishnanand Heblekar and his team conducted the regatta to perfection.



# NEW TALENTS AND CLOSING CEREMONY

As with every National Championship, the Senior Coaches and Federation officials were watching to pick the best crews and talents for the National Camp and eventually the Indian team. Representing the Services team were two young Navy Sailors, Parminder Singh and Shagandeep Singh. This was the first time Navy rowers have been part of the team which was once purely led by Army personnel. Parminder, son of Sydney Olympian, Inderpal Singh, had already been part of the National Rowing Camp in Bhopal, where he met Navy SSR, Shagandeep, a rower of similar height and build as the towering Parminder. The duo teamed up in March, training in Jagatpur, Orissa under coach Inderpal. They found glory by winning Gold in the M2X event.

Similarly, beating the odds, ex Indian team rower and disciple of coach Ismail Baig, Smt Lakshmi, led the Manipur team as a coach and manager, to win a gold medal. This is despite her home state which is replete of boats, with only one boat available per training class. Their newest boats are over 15 years old, and they have only 6 pairs of oars. Nevertheless, Priya Devi & Tendenthoi Devi went on to punch much above their weight and secure gold in the Double Sculls.

The medal ceremony was a fitting closure for the grand event, and on the penultimate day, Shri Sudhanshu Mittal, Chair GTCC of the 36th National Games Gujarat & Vice President IOA, was present for the prize distribution. Colonel CP Singh Deo, and other dignitaries were in attendance to give away the prizes.



RANKING						
S NO	STATE NAMES	GOLD	SILVER	BRONZE	TOTAL MEDALS	TOTAL POINTS
1	SERVICES SPORTS CONTROL BOARD	7			7	21
2	MADHYA PRADESH	3	2	3	8	18
3	KERALA	2	1		3	8
4	ODISHA	1	3	2	6	11
5	MANIPUR	1		1	2	4
6	HARYANA		3	1	4	7
7	PUNJAB		3		3	6
8	MAHARASHTRA		1	1	2	3
9	UTTAR PRADESH		1		1	2
10	RAJASTHAN			2	2	2
11	JHARKHAND			1	1	1
12	DELHI			1	1	1
13	TAMIL NADU			1	1	1
14	TELANGANA			1	1	1
15	CHANDIGARH				0	0
16	ANDAMAN & NICOBAR ISLAND				0	0
17	ANDHRA PRADESH				0	0
18	ASSAM				0	0
19	BIHAR				0	0
20	UTTARAKHAND				0	0
21	WEST BENGAL				0	0
22	GUJARAT				0	0

## FINAL RESULTS 2022

S NO	EVENT	GOLD
1	WOMEN PAIR	ODISHA
	BOW	SONALI SWAIN
	STROKE	RITU KAUDI
	POSITION	GOLD
	TIME	07:41.4

2	MEN FOUR	SERVICES
	BOW	JASWINDER SINGH
	2	BHEDM SINGH
	3	PUNIT KUMAR
	STROKE	ASHISH
	POSITION	GOLD
	TIME	06:47.9

3	MEN PAIR	SERVICES
	BOW	JASVEER SINGH
	STROKE	KOBAL SINGH
	POSITION	GOLD
	TIME	06:34.6

4	WOMEN FOUR	KERALA
	BOW	ROSE MARIYA JOSHI
	2	VARSHA K B
	3	ASWATHI P B
	STROKE	MEENAKSHY V S
	POSITION	GOLD
	TIME	07:01.1

5	WOMEN SINGLE SCULL	MADHYA PRADESH
		KHUSHPREET KAUR
	POSITION	GOLD
	TIME	07:22.0

6	MEN DOUBLE SCULL	SERVICES
	BOW	SHAGANDEEP SINGH
	STROKE	PARMINDER SINGH
	POSITION	GOLD
	TIME	05:59.7

7	MEN SINGLE SCULL	SERVICES
		ARJUN KHAN
	POSITION	GOLD
	TIME	06:34.0

8	WOMEN DOUBLE SCULL	MANIPUR
	BOW	THANGJAM PRIYA DEVI
	STROKE	HABIBUM TENDENTHOI DEVI
	POSITION	GOLD
	TIME	07:00.8

9	LIGHT WOMEN DOUBLE SCULL	MADHYA PRADESH
	BOW	VINDHYA SANKATH
	STROKE	RUKMANI
	POSITION	GOLD
	TIME	07:26.8

10	MEN QUADRUPE SCULL	SERVICES
	BOW	DUSHYANT
	2	SALMAN KHAN
	3	MANJEET KUMAR
	STROKE	SUKHVEET SINGH
	POSITION	GOLD
	TIME	05:48.4

11	WOMEN COXED EIGHT	KERALA
	BOW	ARCHA A
	2	ALEENA ANTO
	3	DIYAPRIYA D
	4	ARUNDATHI V J
	5	ROSE MARIYA JOSHI
	6	VARSHA K B
	7	ASWATHI P B
	STROKE	MEENAKSHY V S
	COX	COX ARYA D NAIR
	POSITION	GOLD
	TIME	06:36.0

12	LIGHT MEN DOUBLE SCULL	SERVICES
	BOW	ARJUN LAL JAT
	STROKE	ARVIND SINGH
	POSITION	GOLD
	TIME	06:16.0

13	WOMEN QUADRUPE SCULL	MADHYA PRADESH
	BOW	VINDHYA SANKATH
	2	POONAM
	3	KHUSHPREET KAUR
	STROKE	RUKMANI
	POSITION	GOLD
	TIME	06:40.8

14	MEN COXED EIGHT	SERVICES
	BOW	TEJASH SHINDE
	2	YOGESH KUMAR
	3	ANKIT KASANKA
	4	ANKUSH
	5	ASHISH GOLIYAN
	6	KULBIR
	7	NEERAJ
	STROKE	SURMEET SINGH
	COX	COX DHANAKUMY UTTAM PANDE
	POSITION	GOLD
	TIME	06:32.5



# NATIONALS CHAMPIONSHIP



Dal Lake in Srinagar, which is otherwise known for its touristy value was stirred not by the usual graceful movements of the shikaras but by the passion and perseverance of young rowers from across India, who scripted history in the Union Territories of Jammu and Kashmir. The 23rd Sub-junior and 5th Inter-state Challenger National Rowing Championship made its maiden impact in the valley region, thereby becoming more inclusive than ever.

Held between June 20-26, Odisha, Kerala, Madhya Pradesh, Maharashtra, Karnataka, Haryana, West Bengal, Manipur, Tamil Nadu, Uttarakhand, Assam, Pondicherry, Telangana, Rajasthan, Delhi, Chandigarh, Goa, Uttar Pradesh, Andaman and Nicobar and Punjab sent their best players. The host state also participated in the competition and took home a bronze medal in the Sub-Junior Boys Pair. The jury was presided by Mr. Naren Kothari.

The new chapter in the history of Watersports was written in J&K when Lt Governor J&K, Manoj Sinha inaugurated the first-ever National Rowing Championship in J&K on June 22 at SKICG, Dal Lake Srinagar.

Mrs. Rajlaxmi Singh Deo, President Rowing Federation of India while speaking on the occasion extended gratitude to Lt Governor for his support in organising the National Rowing Championships 2022 in J&K. She said that 'the region has immense talent pool in the field of sports with many sports persons making their mark at the International level. Dal Lake has the potential to host International level water sports events, she added.'

Divisional Commissioner Kashmir PK Pole was chief guest while GOC Major General Sanjay Vishwasrao was guest of honour for the closing ceremony.

## Here are the highlights of the national championship:

In the **Sub-Junior Girls Single Scull**, **Manipur's H Malemyaima Chanu** finished the race in 2.03.20. **Assam's Debashmita Kashyap** occupied the second spot, touching the finish line in 2.08.98. Tamil Nadu's Diya Subramaniam missed the second spot by two seconds and settled for bronze.

In **Sub-Junior Girls' Pair**, **Maharashtra's Bhagyashree Keshav Ghule** bagged gold wrapping up their race much ahead of the runners-up. They finished it on 2.08.13. "I had practiced hard. I joined rowing around 3 years ago out of my own volition. So, I was expecting to get gold. However, I want to keep playing and improving my game so that I can reach higher levels and perform better." Pondicherry and Tamil Nadu finished the race in 2.19.66 and 2.25.10 respectively.



In **Sub Junior Double Scull**, team **Odisha** that included **Priti Pragya Sahoo** and **Barsharani Sethy** had a smooth run and they finished the race under two minutes. Their timing was 1.59.57. Priti, 13, who is a student of class IX and who rowed her maiden Nationals, tells us, "It was the first Nationals for both of us. Barsharani is older to me and she guides me in my game." Continuing she adds, "None of us expected to win gold. We both gave our best and it's our hardwork that paid off. Our coach was the happiest." Telangana and Assam emerged as the first and second runners up.



**Sub Junior Girls Coxless Four** saw girls from Kerala and Tamil Nadu give a tough fight to each other. In a photo finish race **Kerala's Trisna Anilkumar, Amala Rose, Adithi Sabu and Aleena Shibu** showed great strength and won the race by a margin of one second. They clocked 1.57.68 while Tamil Nadu girls – Rohini Priya A, Rithika L, K Abinaya and M Priyadarshnini touched the line in 1.58.8. Telangana settled for bronze.

**U13 Sub Junior Girls Double Scull**, all the three teams in the top three spots finished the race within over 2 minutes. While **West Bengal's Sunayna Gayen and Ritsika Das** made sure they remained ahead of others, finishing the race in 2.07.90, Haryana missed the first spot by two seconds only. Their timing was 2.09.66. Rajasthan finished the race in 2.18.57. Ritsika, 13, a student of Ashok Hall says, "I don't know how I got so much confidence when I started the race. It's my first year as a rower. I have surprised myself by winning the top medal."



It was **Rahul Rathore's** father, a national-level rower who inspired the young **Odisha** boy to pick up the oar. His dedication paid off when he rowed like a champion and bagged the first spot in **Sub-Junior Boys Single Scull**. His timing was 1.52.67, over five seconds before West Bengal and Assam who had to settle for Silver and Bronze. Representing West Bengal was Md Arman and representing Assam was Farhan Ali. The 15-year-old tells us, "It was my first Nationals and the only thing that I had on my mind was a medal. I performed really well and it has only upped my confidence level. I don't think I had any competition in the game. I am my own competition and I aim to do better in the coming years." Rahul's next target is to win medals in the upcoming competitions and improve his timing.



In **Sub Junior Pairs**, **Tamil Nadu's Clement Geo C and Aryadev Arun's** partnership yielded the first spot for the southern state. Arun who turns 14 this month tells us, "Being my first nationals I was nervous but I am glad that I won the race. It boosts my confidence." Maharashtra's Atharva Vilas Raut and Yashraj Ashok Pagar won silver while the host, Jammu and Kashmir won their maiden bronze.

In **Sub Junior Double Scull**, **Uttarakhand's Suraj Singh and Sinder** won gold while Maharashtra and Punjab settled for silver and bronze respectively.

In **Sub-Junior Boys Coxless Four** **Maharashtra's Sansar Singh, Nitin Kumar, Rakesh Saini and Jaswant Singh** won the first spot with a time of 1.39.06. Haryana had a close shave with victory but it settled with silver as they finished the race in 1.41.38. Tamil Nadu boys came third.

In **U 13 Sub-Junior Boys Double Scull** **Haryana's Yash Kumar Yadav and Tejbir Singh** maintained a smooth lead and bagged the first spot with a time of 1.50.33. Telangana's Jakkula Rakesh and Nachagoni V P S Ashwathama finished the race in the second spot with a time of 1.56.70. Tamil Nadu took home bronze. Their timing was 2.02.80.

In **Challenger Single Scull**, **Maharashtra's Nikita Jagannath Darekar** bagged the first spot while West Bengal's Drikpriya Paul finished second and Punjab's Simranjit Kaur finished third. We caught up with the 17-year-old who is unstoppable.

### Q) Is this your first nationals?

I have rowed at the national level before but this is my gold at the nationals. The experience of the last nationals came in handy and it helped me perform better this time.

### Q) How are you feeling?

It's my maiden gold medal at a national level so it feels great. All my hard work has yielded fruit.

### Q) How hard did you practice for the nationals?

I would practice twice a day. One from 5 am to 10 am and the other from 3pm to 7pm.



### Q) Who is your inspiration?

My brother and dad. Dad is an army personnel. I always wanted to engage my energy into something unique and I found rowing to be the perfect platform for me. I have the advantage of good height plus I like sports.

### Q) Which championship is your next target?

My next target is Asian Games and I know I need to work harder to perform better because I will be racing with rowers of other countries.

In **Challenger Pairs**, **Kerala's Davapriyad** and **Arundhathi VJ** teamed up for a glorious victory. They finished the race in 1.52.35. Arundhati, who had won gold in the last Nationals, tells us, "Davapriyad and I are a good team. We practiced well under the watch of our coach and we were confident of winning gold this time as well." Punjab's Jaismeen Kaur and Jashan Preeti finished the race in the second place – 1.55.41 while Tamil Nadu settled for bronze with a time of 1.57.56.

The partnership of this sister duo - **Gursharanpreete Kaur** and **Arunpreet Kaur** led to their victory in the **Challenger Double Scull**. The **Odisha** girls won gold and finished the race in 1.52.20. Elder sister Arunpreet, 18, tells us, "Being the eldest I certainly guide and support my sister but when we are on the boat with oars in our hands and a target to hit, we are equals. We help each other in many ways – as a friend, a guide and also as a rower. Also, it's not that I joined first and then she followed me, we joined the sport together and we share the same zeal for this game." At the last Sub-Junior Nationals, they had bagged bronze and this year's gold is a level up for them. The runners up of the race includes Maharashtra's Kasturi Manoj Chaughule and Anita Sadashiv Bodke who came second while Punjab's Prithvi Singh Cheema and Gursewak Singh finished third.



In **Challenger Women Coxless Fours**, **Kerala's Arya D Nair, Alin Maria Jacob, Adhithya A** and **Anagha Balan** took back home the precious yellow metal after a tough fight. Tamil Nadu's Akilandeshwari.A, Saranya. R, Sahayarevathi.A and Madhumitha.D won silver while Manipur's KH.Naobi Devi, K. Sanjana Devi and M. Neha Devi and Y.Chengiouembi Devi won the bronze medal.

In **Challenger Men Single Scull**, **Haryana's Lakshay** won gold while Uttarakhand's Gaurav Kumar won silver and Odisha's Shobhit Pandey won bronze.

In **Challenger Men Pairs** **Telangana's Navdeep** and **Hardeep Singh** won gold. Hardeep, 25, says, "It wasn't a very easy competition but we planned and executed well and ultimately our strategy and hard work paid off." Winning silver in the race is Maharashtra's Nilesh Dhananjay Dhondge and Aniket Halde and Kerala's Adinath T J and Sachu Suresh settled for bronze.

In **Challenger Men Double Scull**, **West Bengal's Prathamesh Mukherjee** and **Soumava Sankar Sen** won the race with a time of 1.33.63. Missing gold by a whisker and settling for the second spot was Tamil Nadu's M Arun Kumar and S Gowtham Enian. Haryana's Rohit Bedwal and Ajay won bronze.

**Challenger Men Coxless Fours** **Kerala's Akshay Sudheesh, Arjun Das, Musammil Nowshad** and **Gokul Krishna G** won gold with a timing of 1.30.31. Silver was won by Punjab's Mangat Singh, Sukhvindra Singh, Akashdeep Singh and Arshdeep with a timing of 1.31.32. Bronze was won by West Bengal by Sheikh Aadil Raja, Ishan Mukherji, Rohit Kumar Singh and Ajay Gupta in 1.35.04.



**Congratulations to Tarun**  
for being awarded the  
prestigious **Eklavya award** for  
Rowing sport by  
Govt of Karnataka



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



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



[indiarowing](https://www.instagram.com/indiarowing)



[@IndiaRowing](https://twitter.com/IndiaRowing)



[Rowing Federation of India](https://www.linkedin.com/company/Rowing-Federation-of-India)