

**ACHIEVEMENTS OF TRAINEES UNDER  
CENTRE OF EXCELLENCE IN NATIONAL LEVEL DURING THE YEAR 2008-2009**

NAME	EVENT	COMPETITION/ DATE/ VENUE	MEDALS WON		
			G	S	B
<b>COE, Patiala</b>	<b>ATHLETICS</b>				
Harwant Kaur	Discuss	Inter State National, 15 <sup>th</sup> to 18 <sup>th</sup> June 2008 at Madurai	1		
Patwant Kaur	Shot Put	Inter State National 15-18 <sup>th</sup> June 2008, at Madurai			1
		Open National, 8-11 <sup>th</sup> September 2008 at Cochin			1
Amarjit Singh	Triple Jump	Inter State National, 15-18 <sup>th</sup> June 2008 at Madurai	1		
		National Jump Competition, 16 <sup>th</sup> July 2008 at Bangalore	1		
		Open National, 8-11 <sup>th</sup> September 2008, at Cochin			1
Bhupinder Singh	400 Mt	Inter State National, 15-18 <sup>th</sup> June 2008, at Madurai			1
Amritpal Singh	Discuss	Inter State National, 15-18 <sup>th</sup> June 2008, at Madurai	1		
Avinash Kumar	Shot Put	Open National, 8-11 <sup>th</sup> September 2008 at Cochin			1
Ghamanda Ram	800 M	Open National, 8-11 <sup>th</sup> September 2008 at Cochin			1
Sukanya Mishra	Hammer	Inter State National, 15-18 <sup>th</sup> June 2008 at Madurai			1
		Open National, 8-11 <sup>th</sup> September 2008 at Cochin		1	
Manju Bala	Hammer	Open National, 8-11 <sup>th</sup> September 2008 at Cochin			1
Harpreet Kaur	400m MH	Inter State National, 15-18 <sup>th</sup> June 2008 at Madurai	1		
		Open National, 8-11 <sup>th</sup> September 2008 at Cochin	1		
Kiran Tiwari	3000 Mt.	Inter State National 15-18 <sup>th</sup> June 2008 at Madurai			2
		Open National, 8-11 <sup>th</sup> September 2008 at Cochin		1	
Sudha Singh	3000 M.	Open National, 8-11 <sup>th</sup> September 2008 at Cochin	1		
Vishal Saxena	100-200 M	Open National, 8-11 <sup>th</sup> September 2008 at Cochin	1		
Hardeep Singh	Discuss	Jr. Inter Zone National, 31 <sup>st</sup> August to 3 <sup>rd</sup> Sept. 2008 at Tata Nagar		1	
		All India Inter University, 22-24 <sup>th</sup> December 2008 at Cochin		1	
Satinder Singh	Shot Put	World Railways, 9-13 <sup>th</sup> February 2009 at Pune			
Shankar Punia	Hammer	Jr. F.C National, 22-24 <sup>th</sup> May 2008 at Pune			1
		Jr. Inter Zonal National, 31 <sup>st</sup> August to 3 <sup>rd</sup> September 2008 at Tata Nagar			1
		Jr. National, 12-15 <sup>th</sup> November 2008 at Mysore			1
Samarjeet Singh	Javelin Throw	All India Inter University 22-24 <sup>th</sup> December 2008 at Cochin	1		
	<b>CYCLING</b>				

O Bikram Singh	1 km	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala	1		
	Keirin Race	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala	1		
	200 M Spirit	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala		1	
	40 Km.	Sr. Road National, 17-21 <sup>st</sup> October 2008 at Jamkhandi			1
Rajinder Bishnoi	4 Km. Team Pursuit	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala	1		
	Olympic Sprint	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala	1		
	1500 Mt. TTT	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala	1		
	4 Km. Ind Pursuit	Sr. Track National, 13-18 <sup>th</sup> January 2009, at Patiala		1	
	160 Km.	Sr. Road National, 17-21 <sup>st</sup> October 2008 at Jamkhandi		1	
	100 Km. TTT	Sr. Road National, 17-21 <sup>st</sup> October 2008 at Jamkhandi		1	
Harpreet Singh	4 Km. I.P	Sr. Track National 13-18 <sup>th</sup> January 2009 at Patiala	1		
	4 Km. T.P	Sr. Track National 13-18 <sup>th</sup> January 2009 at Patiala	1		
	30 Km. P.R	Sr. Track National 13-18 <sup>th</sup> January 2009 at Patiala		2	
	40 Km. I.T.T	Sr. Road National , 17-21 <sup>st</sup> October 2008 at Jamkhandi	1		
	100 Km. TTT	Sr. Road National, 17-21 <sup>st</sup> October 2008 at Jamkhandi		1	
Amandeep Singh	8 Km. M.S	Sr. Track National, 13-18 January 2009 at Patiala	1		
	4 Km. T.P	Sr. Track National, 13-18 January 2009 at Patiala	1		
	Keirin Race	Sr. Track National, 13-18 January 2009 at Patiala		1	
	Criterion Race	Sr. Road National 17-21 <sup>st</sup> October 2009 at Jamkhandi		1	
	100 Km. TTT	Sr. Road National 17-21 <sup>st</sup> October 2009 at Jamkhandi		1	
Rakesh Kumar	4 Km. T.P	Sr. Track National, 13-18 January 2009 at Patiala	1		
	1500 Km. TTT	Sr. Track National, 13-18 January 2009 at Patiala	1		
	1 Km. TTT	Sr. Track National, 13-18 January 2009 at Patiala			1
Sabu Ganigar	Elimination Race	Sr. Track National, 13-18 January 2009 at Patiala	1		
	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala	1		
	160 Km.	Sr. Road National, 17-21 <sup>st</sup> October 2008 at Jamkhandi	1		
Sarpreet Singh	Elimination Race	Sr. Track National, 13-18 January 2009 at Patiala		1	
	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala		1	
	4 Km. T.P	Sr. Track National, 13-18 January 2009 at Patiala		1	
	1500 Km. TTT	Sr. Track National, 13-18 January 2009 at Patiala			1
Jagdeep Singh	4 Km. T.P	Sr. Track National, 13-18 January 2009 at Patiala		1	
	4 Km. I.P	Sr. Track National, 13-18 January 2009 at Patiala			1
Pavittar Singh	8 Km.	Sr. Track National, 13-18 January 2009 at Patiala		1	
	1500 M. TTT	Sr. Track National, 13-18 January 2009 at Patiala		1	
	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala			1

C Rajesh	140 Km.	Sr. Road National, Dec 2008, Tamilnadu	1		
Gurpreet Singh	1500 M TTT	Sr. Track National, 13-18 January 2009 at Patiala		1	
	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala			1
Sarabjit Singh	1500 M TTT	Sr. Track National, 13-18 January 2009 at Patiala		1	
	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala			1
Prabhjit Singh	1500 M TTT	Sr. Track National, 13-18 January 2009 at Patiala		1	
	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala			1
Gurpreet Kaur	3 Km. T.P	Sr. Track National, 13-18 January 2009 at Patiala		1	
	4 Km.	Sr. Track National, 13-18 January 2009 at Patiala			1
Gurpreet Kaur	Olympic Sprint	Sr. Track National, 13-18 January 2009 at Patiala			1
	3 Km. T.P	Sr. Track National, 13-18 January 2009 at Patiala			1
Pat Ram Jat	100 Km. TTT	Sr. Road National, 17-21 <sup>st</sup> October 2008 at Jamkhandi			1
	<b>HOCKEY</b>				
Harwant Singh		National School Games Hockey Championship (U-19), 26 <sup>th</sup> Nov to 1 <sup>st</sup> December 2008 at Patiala	1		
Keshev Dutt		National School Games Hockey Championship (U-19), 26 <sup>th</sup> Nov to 1 <sup>st</sup> December 2008 at Patiala	1		
	<b>JUDO</b>				
Garima Chaudhry	-63 Kg. & Open	Sr. National Championships, 14-18 <sup>th</sup> February 2008 at Cochin	3	1	
		Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow			
Kalpana Devi	-52/57 Kg.	Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow	1		
Jina Devi	-70 Kg.	Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow	1		
Gagandeep Kaur	-57 Kg. & Open	Jr. National Championship, 22-26 <sup>th</sup> November 2008 at Imphal	3		
		All India Inter University, 26-31 <sup>st</sup> December 2008 at Imphal			
Rajni	-44 Kg.	Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow		1	
Neepu Jamwal	-44 Kg.	Jr. National Championships, 22-26 <sup>th</sup> November 2008 at Imphal			1
		All India Inter University, 26-31 <sup>st</sup> December 2008 at Imphal			
Veena Saini	-52 Kg.	All India Inter University, 26-31 <sup>st</sup> December 2008 at Imphal			1
Ram Asrey Yadav	-73 Kg.	Sr. National Championships, 14-18 <sup>th</sup> February 2008 at Cochin	1		

		Sr. National Championships, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow	1		
Khaidam Yaima Singh	-81 Kg. & Open	Sr. National Championships, 14-18 <sup>th</sup> February 2008 at Cochin	1	1	
		Jr. National Championships, 22-26 <sup>th</sup> November 2008 at Imphal	1		
		Sr. National Championships, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow		1	
Vir Bahadur Thapa	-60 Kg.	Jr. National Championships, 22-26 <sup>th</sup> November 2008 at Imphal	1		
		Sr. National Championships, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow			1
Sanju Singh	-66 Kg.	Sr. National Championship, 14-18 <sup>th</sup> February 2008 at Cochin			1
		Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow	1		
Parvinder Hooda	66 Kg.	Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow			1
Vikas Kumar	-56 Kg.	All India Inter University, 26-31 <sup>st</sup> December 2008 at Imphal	1		
Mohd. Naqvi	-73 Kg.	All India Inter University, 26-31 <sup>st</sup> December 2008 at Imphal		1	
Amandeep Singh	-73 Kg.	Jr. National Championships, 22-26 <sup>th</sup> November 2008 at Imphal			1
		All India Inter University, 26-31 <sup>st</sup> December 2008 at Imphal			1
Ashish Thakur	-55 Kg.	Jr. National Championships, 22-26 <sup>th</sup> November 2008 at Imphal			1
<b>COE Kolkata</b>					
<b>ATHLETICS</b>					
Ms. Susmita Singha Roy	Heptathlon	Federation Cup	1		
		National Combined Event		1	
Ms. Jhuma Khatun	Cross-country 4km	Open National, 12th January 2008 at Goa			1
	1500 M.	Open National, 8-11th September 2008 at Kochi		1	
Sh. Hari Shankar Roy	High Jump	Indian Circuit Meet, 21st February 2008 at Patiala	1		
	High Jump	Federation Cup, 28th February 2008 at Bhopal	1		
<b>TABLE TENNIS</b>					
Sayan Pal Roy	Team-S	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna		1	
	Team-B	Youth National, 17-24 <sup>th</sup> January 2009 at Surat			1

Sourav Chakraborty	Men's Singles	National Ranking, 5-9 <sup>th</sup> November 2008 at Bolpur			1
	Singles B	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna			1
	Team-S	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna		1	
	Singles-S, Women Double-G, Team - G	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna	2	1	
Ms. Sushmita Roy	Team-G	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna	1		
Ms. Soumi Mondal	Team-B	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna			1
Sh. Subhajit Saha	Team, Men's Double	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna	2		
	Singles	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna	2		
Poulami Ghatak	Team-G, W.Doubles-G	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna	2		
Anirban Nandy	Team	Sr. National, 5-11 <sup>th</sup> January 2009 at Patna		1	
<b>COE, Imphal</b>					
	<b>BOXING</b>				
K Mandakini Devi		9 <sup>th</sup> Sr. Women National Boxing Championship, 2-7 <sup>th</sup> November 2008 at Agra	1		
W Sangeeta Devi		9 <sup>th</sup> Sr. Women National Boxing Championship, 2-7 <sup>th</sup> November 2008 at Agra			1
	<b>KARATE</b>				
K Kimson Singh	Individual/Kata	22 <sup>nd</sup> AIKF National Karate-Do Championship, 24-28 <sup>th</sup> September 2008 at Kolkata			1
S Chandrima Devi	Individual Kumite	22 <sup>nd</sup> AIKF National Karate-Do Championship, 24-28 <sup>th</sup> September 2008 at Kolkata			1
W Sanjoy Singh	65 Kg.	8 <sup>th</sup> Jr. National Wushu Championship, 12-17 <sup>th</sup> September 2008 at Bhopal			1
	<b>TAEKWONDO</b>				
S Surbala Chanu	Fly	27 <sup>th</sup> Sr. National Taekwondo Championship 2008, 17-19 <sup>th</sup> October 2008 at Jalandhar			1
	<b>FENCING</b>				
S Riorita Devi	Epee Team	19 <sup>th</sup> Sr. National Fencing Championship, 21-24 <sup>th</sup> December 2008 at Imphal		1	
Chingshomba	Sabre Team & Sabre Ind.	19 <sup>th</sup> Sr. National Fencing Championship, 21-24 <sup>th</sup> December 2008 at Imphal	1		1
L Shyamashakhi	Epee Team	19 <sup>th</sup> Sr. National Fencing Championship, 21-24 <sup>th</sup> December 2008 at Imphal		1	
H Bidyalaxmi	72 Kg.	19 <sup>th</sup> Sr. National Fencing Championship, 21-24 <sup>th</sup> December 2008 at Imphal	1		

## ACHIEVEMENTS OF TRAINEES UNDER CENTRE OF EXCELLENCE IN INTERNATIONAL LEVEL DURING THE YEAR 2008-2009

NAME	EVENT	COMPTETITION/ DATE/ VENUE	MEDALS WON		
			G	S	B
	<b>ATHLETICS</b>				
Harwant Kaur	Discuss Throw	Asian Grand Prix, 24 <sup>th</sup> June 2008, at Bangkok		1	
		Asian Grand Prix, 26 <sup>th</sup> June 2008, at Korat (Thailand)			1
		Asian Grand Prix, 30 <sup>th</sup> June 2008 at Hanoi (Vietnam)		1	
Nidhi K. Singh	100-200 M	World Railways, 9-13 <sup>th</sup> February 2009 at Pune	1	1	1
		Asian Grand Prix, 26 <sup>th</sup> June 2008 at Korat (Thailand)		1	
		Asian Grand Prix, 30 <sup>th</sup> June 2008 at Hanoi (Vietnam)	1		
		Malaysian Pre Olympic Meet, 7 <sup>th</sup> June 2008 at Kualalampur	1		
		World Railways, 9-13 <sup>th</sup> February 2009 at Pune	1		
Bhupinder Singh	400 Mt	Asian Grand Prix, 24 <sup>th</sup> June 2008, at Bangkok	1		
		Asian Grand Prix, 26 <sup>th</sup> June 2008, at Korat (Thailand)	1		
		Asian Grand Prix, 30 <sup>th</sup> June 2008 at Hanoi (Vietnam)	1		
Priyanka Pawar	200-400 M	World Railways, 9-13 <sup>th</sup> February 2009 at Pune	1	2	2
Namita Samal	100-200 M	World Railways, 9-13 <sup>th</sup> February 2009 at Pune	1	1	
Vishal Saxena	100-200 M	World Railways, 9-13 <sup>th</sup> February 2009 at Pune		2	
	Shot Put	World Railways, 9-13 <sup>th</sup> February 2009 at Pune		1	
Satinder Singh	50 Km. TTT	World Railway Championship 16-21 <sup>st</sup> May 2008 at ST. Petersburg (Russia)			1
	50 Km. TTT	World Railway Championship, 16-21 <sup>st</sup> May 2008 at Petersburg (Russia)			1
	50 Km. TTT	World Railway Championship, 16-21 <sup>st</sup> May 2008 at Petersburg (Russia)			
	50 Km. TTT	World Railway Championship, 16-21 <sup>st</sup> May 2008, at St. Petersburg (Russia)			1
	24 Criterium Race	International Road Inter Club Competition, 26 <sup>th</sup> October 2008 at Singapore	1		
Subhas Chander	50 Km. TTT	World Railway Championship, 17-21 <sup>st</sup> May 2008 at St. Petersburg (Russia)			1
	<b>JUDO</b>				
Garima Chaudhry	-63 Kg. & Open	Jr. & Sr. Commonwealth Championship, 22-28 <sup>th</sup> January 2008 at Mauritius Jr. Asian Championship, 1-6 <sup>th</sup> July 2008, Yemen Sr. South Asian Championships, 10-14 <sup>th</sup> September 2008 at Nepal	3	1	

		Sr. National Championships, 14-18 <sup>th</sup> February 2008 at Cochin Sr. National Championship, 26 <sup>th</sup> Feb to 2 <sup>nd</sup> March 2009 at Lucknow			
Kalpna Devi	-52/57 Kg.	Jr. Asian Championships, 1-6 <sup>th</sup> July 2008 at Yemen	1		
Jina Devi	-70 Kg.	Senior Commonwealth Championships, 22-28 <sup>th</sup> January 2008 at Mauritius			1
Diviya	-78 Kg.	Olympic Games, 3-16 <sup>th</sup> July 2008 at Beijing <b>(PARTICIPATION)</b>			
Ram Asrey Yadav	-73 Kg.	Senior Commonwealth Championship, 22-28 <sup>th</sup> January 2008 at Mauritius	1		
Khaidam Yaima Singh	-81 Kg. & Open	Jr. Commonwealth Championships, 22-28 <sup>th</sup> January 2008 at Mauritius	1		
		Jr. Asian Championships, 1-6 <sup>th</sup> July 2008 at Yemen			1
		Sr. South Asian Championships, 10-14 <sup>th</sup> September 2008 at Nepal	1		
Vir Bahadur Thapa	-60 Kg.	Sr. South Asian Championships, 10-14 <sup>th</sup> September 2008 at Nepal	1		
<b>COE, Kolkata</b>					
	<b>ATHLETICS</b>				
Ms. Susmita Singha Roy	Heptathlon	Beijing Olympics, 10-24 <sup>th</sup> August 2008 at Beijing <b>(PARTICIPATION)</b>			
	High Jump	Asian Grand Prix (I), 19 <sup>th</sup> June 2008 at Bangkok		1	
	High Jump	Asian Grand Prix (II), 23 <sup>rd</sup> June 2008 at Thailand		1	
	High Jump	Asian Grand Prix (III), 26 <sup>th</sup> June 2008 at Vietnam			1
	High Jump	Asian All Star Meet, 18 <sup>th</sup> September 2008 at Bhopal			1
	High Jump	World Railway Meet, 10 <sup>th</sup> February 2009 at Pune		1	
Ms. O P Jaisha	1500M	Asian Grand Prix, 23 <sup>rd</sup> June 2008 at Bangkok		1	
	1500 M	Asian Grand Prix, at Vietnam			1
Sourav Chakraborty	TT	Quait Open, 11-15 <sup>th</sup> February 2009 (PARTICIPATION)			
		Quatar Open, 17-21 <sup>st</sup> February 2009 (PARTICIPATION)			
	Women's Singles	Polish Open International, 26-30 <sup>th</sup> Novemeber 208 at Warsaw (PARTICIPATION)			
		Quait Open, 11-15 <sup>th</sup> February 2009 (PARTICIPATION)			
		Quatar Open, 17-21 <sup>st</sup> February 2009 (PARTICIPATION)			
Ms. Sushmita Roy	Women's singles	Polish Open International, 26-30 <sup>th</sup> Novemeber 208 at Warsaw (PARTICIPATION)			
Ms. Soumi Mondal	Women's Singles	Polish Open International, 26-30 <sup>th</sup> Novemeber 208 at Warsaw (PARTICIPATION)			
Sh. Subhajit Saha	Men's Singles	Polish Open International, 26-30 <sup>th</sup> Novemeber 208 at Warsaw			

		(PARTICIPATION)			
	TT	Quait Open, 11-15 <sup>th</sup> February 2009 (PARTICIPATION)			
	TT	Quatar Open, 17-21 <sup>st</sup> February 2009 (PARTICIPATION)			
Poulami Ghatak	Women's Singles	Polish Open International, 26-30 <sup>th</sup> Novemeber 208 at Warsaw (PARTICIPATION)			
	TT	Quait Open, 11-15 <sup>th</sup> February 2009 (PARTICIPATION)			
	TT	Quatar Open, 17-21 <sup>st</sup> February 2009 (PARTICIPATION)			
<b>COE, Imphal</b>					
	<b>BOXING</b>				
L Sarita Devi	Sr. 54 Kg.	International Women Boxing Tournament, 9-15 <sup>th</sup> June 2008 at Turkey			1
K Mandakini Devi	Sr. 48 Kg.	International Women Boxing Tournament, 9-15 <sup>th</sup> June 2008 at Turkey			1
<b>COE, Lucknow</b>					
	<b>WEIGHTLIFTING</b>				
Srishti Singh	75 Kg.	Sr. Women Asian Wt. Lifting Championship held at Cyprus from 1-9 <sup>th</sup> Dec 2008 ( <b>PARTICIPATION</b> )			