

**A) ACHIEVEMENTS OF SPORTSPERSONS OF PUNJAB POLICE IN INTERNATIONAL SPORTS COMPETITIONS-2023**

**Bodybuilding**

**55<sup>th</sup> Asian Bodybuilding Championship-2023 held at Kathmandu (Nepal) from 01.09.2023 to 07.09.2023**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. HC Charan Mohan 7-IRB/19       | 1 <sup>st</sup> in 90-100 Kg Weight   |
| 2. ASI Hardeep Singh 1784/JAL (C) | 3 <sup>rd</sup> in above100 Kg Weight |
| 3. HC Harvir Singh 3-C/150        | 4th in above100 Kg Weight             |

**World Bodybuilding Championship Held at Gangwon (South Korea) from 06.11.2023 to 12.11.2023.**

- |                             |                                     |
|-----------------------------|-------------------------------------|
| CT Jatinder Singh 7-IRB/311 | 3 <sup>rd</sup> in 90-100 Kg weight |
|-----------------------------|-------------------------------------|

**Hockey**

**World Cup Hockey held at Bhubaneswar (Odisha) from 13.01.2023 to 29.01.2023**

- |                        |               |
|------------------------|---------------|
| 1. DSP Manpreet Singh  | Participation |
| 2. DSP Akashdeep Singh | Participation |

**Asian Games-2023 held at Hangzhou (China) from 23.09.2023 to 08.10.2023.**

- |  |  |
|--|--|
| 1. DSP Manpreet Singh (75 <sup>th</sup> Bn.) | 1 <sup>st</sup> Position (Indian Team) |
|--|--|

**Judo**

**Asian Open Judo Championship held at Kuwait from 28.04.2023 to 29.04.2023**

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1. SI Avtar Singh 237/JAL-R (LDH-R)  | 3 <sup>rd</sup> in -100 Kg Weight |
| 2. HC Jasleen Singh Saini 1182/JAL-C | Participation in -66 Kg Weight    |

**World Judo Championship-2023 held at Doha (Qatar) from 07.05.2023 to 13.05.2023**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. SI Avtar Singh 237/JAL-R/LDH-R | Participation in -100 Kg. Weight |
|-----------------------------------|----------------------------------|

**Asian Games held at Hangzhou (China) from 24.09.2023 to 27.09.2023**

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1. SI Avtar Singh 237/JAL-R (LDH-R) | Participation in -100 Kg. Weight |
|-------------------------------------|----------------------------------|

**Shooting**

**Shooting World Cup held at Bhopal from 21.03.2023 to 31.03.2023**

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1. L/SI Anjum Moudgil 72/RRT (SASN) | Participation in Riffle 3P 50 Mtr |
|-------------------------------------|-----------------------------------|

**World Cup-2023 Shooting held at Azerbaijan from 08.05.2023 to 15.05.2023**

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1. L/SI Anjum Modgil 71/RRT (SASN) | Participation in 50Mtr. 3P Rifle |
|------------------------------------|----------------------------------|

**53th World Championship-2023 Shooting held at Azerbaijan from 18.08.2023 to 25.08.2023**  
**Men**

- |                                |  |
|--------------------------------|--|
| 1. SI Akshay Jain 82/JRT (HPR) | 3 <sup>rd</sup> in 25Mtr Centre Fire Pistol Team Event |
|--------------------------------|--|

**Women**

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 1. L/HC Kirandeep Kaur 1643/JAL | 1st in 50Mtr Free Pistol Team Event |
|---------------------------------|-------------------------------------|

**15<sup>th</sup> Asian Shooting Championship held at Korea from 22.10.2023 to 02.11.2023.**

- |                             |   |
|-----------------------------|---|
| 1. CT Prabhjot Singh 80/769 | 2 <sup>nd</sup> in 25 Mtr Centre Fire Pistol Team |
| 2. SI Akshay Jain 82/JRT    | Participation in 25Mtr Centre Fire Pistol         |

**WRESTLING**

**Senior World Wrestling Championship held at Belgrade (Serbia) from 16.09.2023 to 24.09.2023**

- |  |                                    |
|--|------------------------------------|
| 1. SI Gurpreet Singh 1490/PAP (36th Bn.) | Participation in G/R 77 Kg. Weight |
|--|------------------------------------|

**B) ACHIEVEMENTS OF SPORTSPERSONS OF PUNJAB POLICE IN NATIONAL SPORTS COMPETITIONS-2023**

**Archery**

**18<sup>th</sup> Senior National Archery Championship held at Gujarat from 09.03.2023 to 18.03.2023**

- |                              |  |
|------------------------------|--|
| 1. L/SI Raj Kaur 1070/PAP    | 2 <sup>nd</sup> in Women Compound Team |
| 2. L/CT Prabhjot Kaur 36/323 | 2 <sup>nd</sup> in Women Compound Team |

**National Games Held at Goa from 23.10.2023 to 09.11.2023. (Event Date 29.10.2023 to 03.11.2023)**

- |                                   |  |
|-----------------------------------|--|
| 1. L/SI Raj Kaur 1070/PAP (2-IRB) | 2 <sup>nd</sup> in Compound Team Event |
|-----------------------------------|--|

**Athletic**

**26<sup>TH</sup> Federation Cup Athletic Championship held at Ranchi from 15.05.2023 to 18.05.2023**

- |                              |  |
|------------------------------|--|
| 1. HC Harpreet Singh 122/SSG | 1 <sup>st</sup> in Discuss Throw (55.63 Mtr) |
|------------------------------|--|

**62<sup>nd</sup> National Inter state Senior Ahtletics Championship held at Bhuvneshwar from 15.06.2023 to 19.06.2023**

**Men**

- |                               |  |
|-------------------------------|--|
| 1. Ct. Narinder Singh 111/FGS | 3 <sup>rd</sup> in 4x100 mtr. Relay (41.05 sec.) |
|-------------------------------|--|

**Women**

- |                              |  |
|------------------------------|--|
| 1. L/HC Veerpal Kaur 279/BTI | 2 <sup>nd</sup> in 4x400 mtr. Relay (3:39.22 sec.) |
|------------------------------|--|

**62<sup>nd</sup> National Open Athletic Championship held at Bengaluru from 11.10.2023 to 14.10.2023.**

**Men**

- |                                 |  |
|---------------------------------|--|
| 1. CT Kamberdeep Singh 1049/PTL | 2 <sup>nd</sup> in 4x400 mtr mix relay       |
| 2. ASI Prabhjot Singh 1047/ASR  | 3 <sup>rd</sup> in Discuss Throw (54.88 mtr) |

**Women**

- |                                |   |
|--------------------------------|---|
| 1. L/HC Anmol Kaur 3728/LDH    | 1 <sup>st</sup> in Hammer throw (60.19 mtr) |
| 2. L/HC Veerpal Kaur 915/KHN   | 2 <sup>nd</sup> in 4x400 mtr relay          |
|                                | 2 <sup>nd</sup> in 400 mtr hurdles          |
| 3. L/CT Manpreet Kaur 405/SMS  | 2 <sup>nd</sup> in shot put                 |
| 4. L/HC Ramandeep Kaur 986/LDH | 3 <sup>rd</sup> in 4x100 mtr relay          |
| 5. L/HC Deepti Rani 702/LDH    | 3 <sup>rd</sup> in 4x100 mtr relay          |

**National Games Held at Goa from 23.10.2023 to 09.11.2023. (Event Date 26.10.2023 to 09.11.2023)**

**Men**

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. ASI Prabhjot Singh 1047/ASR | 3 <sup>rd</sup> in Discus Throw |
|--------------------------------|---------------------------------|

**Women**

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1. L/HC Veerpal Kaur 915/KHN  | 2 <sup>nd</sup> in 400 Mtr. Hurdles |
| 2. L/CT Manpreet Kaur 405/SMS | 3 <sup>rd</sup> in Shot Put         |

**Basketball**

**National Games held at Goa from 23.10.2023 to 09.11.2023. (Event Date 23.10.2023 to 28.10.2023)**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1. SI Amritpal Singh 77/BRT        |                                       |
| 2. SI Amyjot Singh 1478/PAP        |                                       |
| 3. ASI Tajinderpal Singh 622/ASR-R | Team Secured 1 <sup>st</sup> Position |
| 4. CT Gurwinder Singh 4-IRB/620    |                                       |
| 5. Insp. Gurkirpal Singh 90/PAP    | Coach                                 |

**73<sup>rd</sup> Senior National Basketball Championship held at Ludhiana from 03.12.2023 to 10.12.2023.**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1. SI Amritpal Singh 77/BRT        |                                       |
| 2. ASI Tajinderpal Singh 622/ASR-R | Team Secured 3 <sup>rd</sup> Position |
| 3. CT Sukhdeep Pal Singh 2-C/497   |                                       |
| 4. CT Dilpreet Singh 75/827        |                                       |
| 5. Insp. Gurkirpal Singh 90/PAP    | Coach                                 |

## **Body Building**

**12<sup>th</sup> Body Building Federation Cup held at Haldwani, Uttarakhand from 14.04.2023 to 15.04.2023**

### **Men**

- |                                |  |
|--------------------------------|--|
| 1. HC Hardeep Singh 1784/JAL-C | 1 <sup>st</sup> in above 100 Kg Weight |
| 2. HC Harvir Singh 3-C/150     | 3 <sup>rd</sup> in above 100 Kg Weight |

## **Boxing**

**7<sup>th</sup> Elite National Boxing Women Championship-2023 Held at Greater Noida from 21.12.2023 to 27.12.2023.**

- |                               |  |
|-------------------------------|--|
| 1. HC Shvinder Kaur 730/LDH-R | 2 <sup>nd</sup> in 50-52 kg. weight (AIPSCB) |
|-------------------------------|--|

## **CYCLING**

**National Road Cycling Championship held at Nashik (Maharashtra) from 07.01.2023 to 10.01.2023**

- |                              |  |
|------------------------------|--|
| 1. SI Sarpreet Singh 169/PAP | 3 <sup>rd</sup> in 120 Km Individual Road Race |
|------------------------------|--|

## **Fencing**

**33<sup>rd</sup> Senior National Fencing Championship held at Puna (Maharashtra) from 25.03.2023 to 28.03.2023**

- |                           |                              |
|---------------------------|------------------------------|
| 1. L/CT Baby Verma 75/294 | 3 <sup>rd</sup> in Epee Team |
|---------------------------|------------------------------|

## **Hockey**

**13<sup>th</sup> Senior National Hockey Championship Held at Chennai from 17.11.2023 to 28.11.2023.**

- |  |                                      |
|--|--------------------------------------|
| 1. DSP Akashdeep Singh                 |                                      |
| 2. HC Paras Malhotra 2417/SASN         | Team Secure 1 <sup>st</sup> Position |
| 3. CT Kanwarjit Singh 75/369           |                                      |
| 4. ASI Jaskaran Singh 3888/PAP A/Coach |                                      |

## **Judo**

**Senior National Judo Championship held at Jaipur (Rajasthan) from 01.10.2023 to 05.10.2023.**

### **Men**

- |                                     |   |
|-------------------------------------|---|
| 1. HC Karanjit Singh Maan 274/JAL-R | 1 <sup>st</sup> in -90 kg weight (AIPSCB) |
|-------------------------------------|---|

### **Women**

- |                                     |  |
|-------------------------------------|--|
| 1. L/HC Ravneet Kaur 2961/JAL-C     | 3 <sup>rd</sup> in -70 kg weight                   |
| 2. L/Insp. Rajwinder Kaur 779/ASR-R | Men & Women Team 2 <sup>nd</sup> As Coach (AIPSCB) |

**National Games Held at Goa from 23.10.2023 to 09.11.2023. (Event Date 05.11.2023 to 08.11.2023)**

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1. SI Avtar Singh 237/JAL-R (LDH-R) | 1 <sup>st</sup> in -100 Kg Weight |
|-------------------------------------|-----------------------------------|

## **Kabaddi**

**National Games Held at Goa from 23.10.2023 to 09.11.2023. (Event Date 04.11.2023 to 07.11.2023)**

### **Women**

- |                               |                          |
|-------------------------------|--------------------------|
| 1. ASI Amandeep Kaur 1342/GRP | 3 <sup>rd</sup> Position |
| 2. L/CT Jaspinder Kaur 75/298 | 3 <sup>rd</sup> Position |

## **Shooting**

**National Games Held at Goa from 23.10.2023 to 09.11.2023. (Event Date 02.11.2023 to 09.11.2023)**

- |                                  |   |
|----------------------------------|---|
| L/SI Anjum Moudgil 71/RRT (SASN) | 1 <sup>st</sup> in 50 Mtr 3 P Rifle Indv. Event |
|----------------------------------|---|

## **SHOOTING**

**66<sup>th</sup> National Shooting Pistol Championship-2023 held at Bhopal from 19.11.2023 to 09.12.2023**

### **Men**

- |                             |  |
|-----------------------------|--|
| 1. SI Akshay Jain 82/JRT    | 3 <sup>rd</sup> in 25mtr Pistol Team event |
| 2. CT Prabhjot Singh 80/769 | 3 <sup>rd</sup> in 25mtr Pistol Team event |

### **Women**

- |                                 |  |
|---------------------------------|--|
| 1. L/HC Kirandeep Kaur 1643/JAL | 3 <sup>rd</sup> in 25mtr Pistol Team event |
|---------------------------------|--|

**66<sup>th</sup> National Shooting Rifle Championship-2023 held at New Delhi from 15.11.2023 to 02.12.2023**

**Women**

- |                                   |  |
|-----------------------------------|--|
| 1. SI Anjum Moudgil 71/RRT (SASN) | 1 <sup>st</sup> in 50 mtr 3P team event<br>1 <sup>st</sup> in 50 mtr Prone team event.<br>2 <sup>nd</sup> in 50 mtr 3P Indv. event |
|-----------------------------------|--|

**WATER SPORTS**

**40<sup>th</sup> Senior National and 24<sup>th</sup> Open Sprint Rowing National Championship held at Pune from 20.02.2023 to 26.02.2023**

**Men**

- |                             |  |
|-----------------------------|--|
| 1. HC Pritpal Singh 5-C/110 | 3 <sup>rd</sup> in Double Scull 500 Mtr<br>3 <sup>rd</sup> in Mix Double Scull 500 Mtr |
|-----------------------------|--|

**Women**

- |                               |   |
|-------------------------------|---|
| 1. L/SI Amanjot Kaur 1492/PAP | 2 <sup>nd</sup> in Double Scull 500 Mtr |
|-------------------------------|---|

**1<sup>st</sup> Inter State Kayaking & Canoeing Senior Championship held at Bijnor (Uttar Pradesh) From 07.05.2023 to 09.05.2023**

- |                                 |  |
|---------------------------------|--|
| 1. HC Vinod Kumar 3905/LDH      | 1 <sup>st</sup> in Kayak-2 500 mtr.  |
| 2. HC Gurbir Singh 386/Moga     | 1 <sup>st</sup> in Kayak-2 500 mtr.  |
| 3. HC Karnail Singh 1121/SGR    | 1 <sup>st</sup> in Canoe-2 500 mtr.  |
| 4. HC Sohan Singh 1326/FZK      | 1 <sup>st</sup> in Canoe-2 500 mtr.  |
| 5. HC Satnam Singh 2796/JAL     | 1 <sup>st</sup> in Canoe-2 200 mtr.  |
| 6. HC Harpreet Kumar 120/SASN   | 1 <sup>st</sup> in Canoe-2 200 mtr.  |
| 7. CT Balwinder Singh 1318/SASN | 2 <sup>nd</sup> in Kayak-2 200 mtr.  |
| 8. HC Balwinder Singh 1429/Moga | 2 <sup>nd</sup> in Kayak-2 200 mtr.<br>3 <sup>rd</sup> in Kayak-1 200 mtr. |
| 9. HC Ravinder Singh 1305/SASN  | 3 <sup>rd</sup> in Kayak-1 500 mtr   |

**National Games Held at Goa from 23.10.2023 to 09.11.2023. (Event Date 25.10.2023 to 07.11.2023)**

**Women**

- |                                 |   |
|---------------------------------|---|
| 1. L/ASI Harpreet Kaur 3468/PAP | 1 <sup>st</sup> in Mix Double Scull 500 Mtr |
| 2. L/SI Amanjot Kaur 1492/PAP   | 3 <sup>rd</sup> in Double Scull 2 Km        |

**Weightlifting**

**Senior National Weightlifting Championship held at Nagercoil (Tamilnadu) from 28.12.2022 to 07.01.2023**

**Women**

- |                               |  |
|-------------------------------|--|
| 1. L/ASI Amandeep Kaur 26/JAL | 2 <sup>nd</sup> in 71 Kg Weight (AIPSCB) |
|-------------------------------|--|

**National Games held at Goa from 23.10.2023 to 09.11.2023. (Event Date 25.10.2023 to 29.10.2023)**

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. L/Ct. Jasbir Kaur 13/303 | 3 <sup>rd</sup> in 64 Kg Weight |
|-----------------------------|---------------------------------|

**Whu-Shu**

**6<sup>th</sup> Wushu Federation Cup held at LPU, Phagwara from 20.03.2023 to 24.03.2023**

**Men**

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1. CT Akashdeep Singh 1201/SGR | 3 <sup>rd</sup> in -75 Kg Weight |
| 2. CT Abishek 75/806           | 3 <sup>rd</sup> in -80 Kg Weight |

**C) ACHIEVEMENTS OF PUNJAB POLICE TEAMS IN THE ALL INDIA POLICE GAMES & CHAMPIONSHIPS-2023**

<b>Sr. No.</b>	<b>Discipline</b>	<b>Medals Obtained</b>	<b>Team Position</b>
1.	15 <sup>th</sup> All India Police Badminton Championship-2023 held at Chandigarh from 20.02.2023 to 26.02.2023.	01 Silver & 04 Bronze Medals	
2.	22 <sup>nd</sup> Water Sports (Men & Women) 02.03.2023 to 06.03.2023 held at Una (Himachal Pradesh)	Men 03 Gold & 02 Bronze Medals Women 01 Gold, 01 Silver & 02 Bronze Medals	Team Overall 1st
3.	71 <sup>th</sup> All India Police Athletics Cluster Championship-2022-23 (Athletic Men & Women, Cycling Men & Women, Kho-Kho Men & Women) held at Lucknow from 21.03.2023 to 25.03.2023.	Athletic Men 02 Gold, 03 Silver & 5 Bronze Medals Athletic Women 02 Gold, 06 Silver & 1 Bronze Medals	Team State Runner up
4.	71 <sup>th</sup> All India Police Athletics Cluster Championship-2022-23 (Athletic Men & Women, Cycling Men & Women, Kho-Kho Men & Women) held at Lucknow from 21.03.2023 to 25.03.2023.	Cycling Men 01 Gold Medal Cycling Women 02 Gold & 2 Bronze Medals	Overall Cycling Women Team 1st
5.	71 <sup>th</sup> B.N. Mullik Memorial All India Police Football Championship-2022-23 held at Srinagar (J&K) from 11.03.2023 to 21.03.2023.	Team Secured 3 <sup>rd</sup> Position	Team Secured 3 <sup>rd</sup> Position
6.	26 <sup>th</sup> All India Police Golf Tournament-2022-23 held at 23 held at Jaypee Greens Golf Course, Greater Noida, District Gautam Buddha Nagar, UP from 02.03.2023 to 04.03.2023.	Men 02 Gold Medals	
7.	24 <sup>th</sup> All India Police Lawn Tennis Tournament-2023 held at Ahmadabad from 17.10.2023 to 20.10.2023.	Participation	
8.	Wrestling (Men & Women) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	G/R 03 Gold, 01 Silver & 03 Bronze Medals F/S 02 Gold, 02 Silver & 03 Bronze Medals W/F/S Participation	G/R Team 2 <sup>nd</sup> F/S Team 3 <sup>rd</sup>
9.	Boxing (Men & Women) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	Boxing Men 01 Gold & 02 Bronze Medals Boxing Women 02 Gold & 02 Silver Medals	Women Team 3 <sup>rd</sup>
10.	Body Building (Men & Women) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	Body Building Men 02 Gold, 01 Silver & 01 Bronze Medal Body Building Women 01 Gold Medal	Men Team 2 <sup>nd</sup> Women Team 2 <sup>nd</sup>

11.	Arm Wrestling (Men & Women) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	Arm Wrestling Men 01Gold Medal Arm Wrestling Women Participation	
12.	Weightlifting (Men) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	Weightlifting Men 01 Gold Medal Weightlifting Women 02 Gold, 02 Silver & 01 Bronze Medal	
13.	Power Lifting (Men & Women) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	Power Lifting Men 01 Bronze Medal Power Lifting Women 01 Gold Medal	
14.	Kabaddi (Men & Women) 72 <sup>nd</sup> All India Police Wrestling Cluster held at Madhuban (Haryana) from 04.10.2023 to 08.10.2023	Kabaddi Men & Women Team Participation	