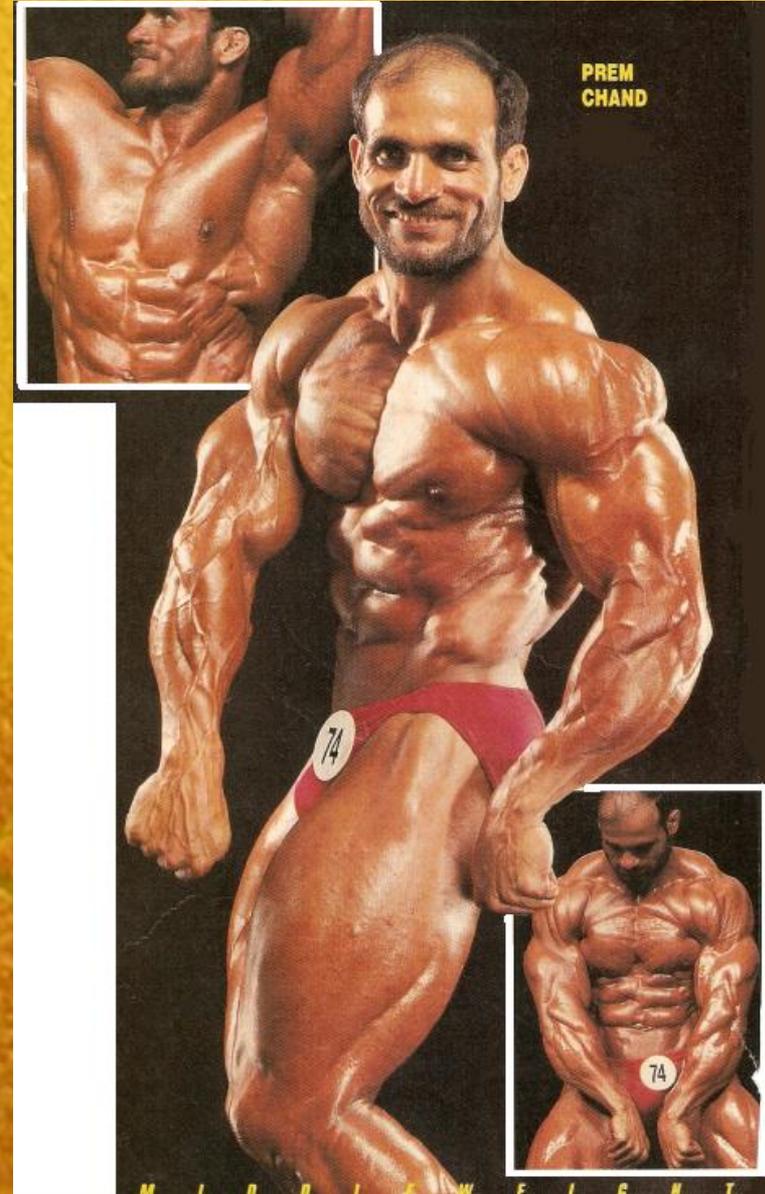


# MAN OF THE MONTH FOR JANUARY 2013 PREMCHAND DEGRA OF INDIA

Pasamshree Premchand Degra born on the 1<sup>st</sup> of December 1955 is a legend for any bodybuilder or a bodybuilding fan not only in India but in the sub continent of South Asia. He was born in a farmer family in a small town of Babri, Nangal district, Gurdaspur in the state of Punjab in India. He took great interest in wrestling in his childhood days and took on bodybuilding in his twenties. Premchand is the only bodybuilder in the history of the sport of bodybuilding in India to have been awarded the prestigious Arjun Award as well as the Padamshree award one after the other for his unbeatable performance for the country by the Government of India.

He is married to Nirmal Degra and has two sons Harneel and Surneel.

He took bodybuilding sport in the year 1976 and won his first competition on 14<sup>th</sup> August 1980 as a Punjab state overall champion. Thereafter he went on winning many international and continental



championships. He participated and won over 100 titles in his era as a competitive bodybuilder of his lifetime, few of the major titles which he won were: Mr. Asia 1983 (Lahore – Pakistan), Mr. Asia 1984 (Seoul – Korea), Mr. Asia 1985 (Singapore), Mr. Asia 1986 (Taipei – Taiwan), Mr. Asia 1987 (Kuala Lumpur – Malaysia), Winner of Pro-Am Classic in 1990 and 1991 (Singapore), Mr. Asia 1996 (New Delhi – India), Mr. Universe 1988 Middle Wt. (Gold Coast – Australia) and Mr. Universe 2<sup>nd</sup> placing in Tokyo to name just a few.

Premchand was motivated by his guru Mr. Brahmhatt Bhanot to take up bodybuilding and because of him he moved from wrestling to bodybuilding and achieved much success in this sport. His closest friend in bodybuilding is Mr. Chander of New Delhi and he gave him all the credit apart from his lovely wife Nirmal who stood all the way solidly during his struggling days as a competitive athlete.

He was also fascinated by Arnold Schwarzenegger as his greatest hero in bodybuilding.

At the moment, Premchand own two gyms in his home town of Gurdaspur, Punjab by the name of WORLD 88 GYM.

His hobbies are music, bodybuilding, wrestling and traveling. Music is part of his life and he love listening to the Indian classical music.



**What kind of food you love best?**

**“I love eating Indian ethnic foods which are healthy and cooked by my wife keeping in view my taste buds.”**

**What is your dream for our sport of bodybuilding?**

**“My dream is to build a healthy nation by educating more and younger generation about bodybuilding life style and training them as per my own specialized workout and diet regime developed over the years of my research in the sport of bodybuilding.”**

**His thoughts on ABBF and WBPF : The ABBF and the WBPF are the only democratic, transparent and justified bodybuilding federations bringing justice to the true spirit of bodybuilding to the world, people like me who always suffered due to the racism and commercialization in IFBB find this a safe haven of Fair-Play and justice to the bodybuilders all around the world coming from different countries and belonging to all races. The ABBF and WBPF is a unique balance of officials of high integrity and human values, we value the great support of the “Father of Bodybuilding of the World” most honorable Datuk Paul Chua for his untiring efforts towards the support of the Indian Bodybuilders Federation.**



**From Left : Nirmal Degra (Premchand Degra's wife), Datuk Paul Chua, Premchand Degra and his eldest son Harneel**

**What is the future of bodybuilding in India?**

**“I see a bright future of our sports in India with more and more bodybuilders joining in each championship. Nowhere in the world can anyone witness about 400 bodybuilders attending a single championship in all weight categories.”**

**Any other comments that you would like to make for us to write an interesting story on you as the Man of the Month for January 2013?**

**I cannot forget three unforgettable memories of my life:**

**No.1 – Meeting with honorable Datuk Paul Chua in 1983 during the Mr. Asia championships in Lahore, Pakistan where I won the Mr. Asia title and I received enormous moral support from him along with the warmth of the people of Pakistan who lend me such support and love that till this day I live in those sweet memories;**

**No.2 – The other instance I would always remember is about my wife who prepared me for the Mr. Asia championship 1996 in New Delhi long after my retirement from competitive bodybuilding days and working very hard with me day and night preparing my diet food and training in the gym together.**

**No.3 – Award from the President of the Republic of India as called ARJUNA AWARD given to the sportsmen of my country for international achievements; and one more award again from the President - PADAMASHREE AWARD given to a citizen of India for excellence in his or her field of profession which has brought name and fame to the country. The PADAMASHREE AWARD carries a cash award and many privilege attached to it such as free travel in 1<sup>st</sup> class in trains, toll free travels and pension all lifelong.**

**What is your feeling in obtaining recognition from your Ministry of Sports and your Government for the Indian Bodybuilders Federation (IBBF) as the only recognized federation in India?**

**“Now the government of India has given complete recognition to our federation, I see many young bodybuilders getting employment in the public sector undertakings and government departments which will eventually be the true victory of bodybuilding in our country.”**

**What are your goals?**

**“My goal is to reach out to a maximum number of youth and educate them the dark side of anabolic and advocate natural bodybuilding to the upcoming bodybuilders of our country and internationally.”**