



**KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE
TOURNAMENT YOUTH JUNIOR AND SENIOR**
Rainbow International School Nagrota Bagwan Himachal Pradesh



14/06/2022 to 22/06/2022

RESULT BOOK



JUNIOR



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR WOMEN'S MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
45 kg	TOTAL	1	151	Harshada Sharad Garud	08.11.2003	MHR
		2	142	Anjali Patel	10-08-2004	U.P.
		3	131	Diya Vyavahare	25-11-2003	MHR
49 kg	TOTAL	1	170	Gyaneshwari Yadav	08-03-2003	C.G.
		2	154	Th. Sanju Devi	17-04-2003	MNP
		3	153	V. Rithika	25-07-2004	TND
55 kg	TOTAL	1	185	Shrabani Das	16-03-2002	W.B.
		2	169	Usha	09-02-2003	HRN
		3	161	Boni Mangkhya	04-06-2004	ARN
59 kg	TOTAL	1	187	Sukarna Adak	10-01-2003	W.B.
		2	184	Bhawana	20.07.2005	HRN
		3	174	Sonakshi	18-03-2006	HRN
64 kg	TOTAL	1	163	Sangeeta Padhy	21-03-2003	ORS
		2	142	Kh. Elizah Chanu	01-04-2006	MNP
		3	123	Janis Barla	16-06-2006	JKD
71 kg	TOTAL	1	174	Sanjana	18-01-2007	HRN
		2	173	Navdeep Kaur	15-11-2003	PUN
		3	158	Monali Sahoo	14-09-2003	ORS
76 kg	TOTAL	1	187	Jyoti Yadav	16-01-2004	HRN
		2	179	Tamana	10-05-2002	HRN
		3	164	V. Sahithi	15-10-2002	TEL
81 kg	TOTAL	1	170	Amritha P. Suni	16-01-2007	KRL
		2	160	Gajjar Aayushi Umeshbhai	18-08-2003	GUJ
		3	151	Hema Ganage	06-06-2003	MHR
87 kg	TOTAL	1	170	K. Oviya	02-11-2007	TND
		2	158	Priti Deshmukh	25-02-2003	MHR
		3	100	Palak Rana	14-02-2004	H.P.
+87 kg	TOTAL	1	190	M. Martina Devi	21-03-2006	MNP
		2	161	Ichha Patel	08-09-2004	U.P.
		3	133	Deeba M	26-05-2003	TND



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	U.P. : U.P.	0/0	206/11	206/11
2	HRN : HRN	0/0	195/10	195/10
3	MHR : MHR	0/0	184/9	184/9
4	ASM : ASM	0/0	157/8	157/8
5	H.P. : H.P.	0/0	135/7	135/7
6	ORS : ORS	0/0	131/6	131/6
7	MNP : MNP	0/0	100/4	100/4
8	JKD : JKD	0/0	77/4	77/4
9	TND : TND	0/0	74/3	74/3
10	PUN : PUN	0/0	69/3	69/3
11	W.B. : W.B.	0/0	56/2	56/2
12	C.G. : C.G.	0/0	48/2	48/2
13	KRL : KRL	0/0	28/1	28/1
14	GUJ : GUJ	0/0	25/1	25/1
15	ARN : ARN	0/0	23/1	23/1
16	TEL : TEL	0/0	23/1	23/1
17	PON : PON	0/0	22/1	22/1
18	M.P. : M.P.	0/0	21/1	21/1
19	DEL : DEL	0/0	19/1	19/1



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Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR MEN'S TEAM CLASSIFICATION

No.	Team	TOTAL
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR WOMEN'S TEAM CLASSIFICATION

No.	Team	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg	TOTAL
1	U.P. : U.P.	25/1	40/3	53/3	21/1	-	-	20/1	22/1	-	25/1	206/11
2	HRN : HRN	0/1	22/1	25/1	48/2	-	47/2	53/2	0/1	-	-	195/10
3	MHR : MHR	51/2	-	21/1	0/1	-	21/1	43/2	23/1	25/1	-	184/9
4	ASM : ASM	20/1	-	18/1	-	-	18/1	19/1	41/2	-	41/2	157/8
5	H.P. : H.P.	-	18/1	-	18/1	-	17/1	18/1	19/1	45/2	-	135/7
6	ORS : ORS	-	20/1	19/1	41/2	28/1	23/1	-	-	-	-	131/6
7	MNP : MNP	-	25/1	22/1	-	25/1	-	-	-	-	28/1	100/4
8	JKD : JKD	19/1	-	15/1	-	23/1	20/1	-	-	-	-	77/4
9	TND : TND	-	23/1	-	-	-	-	-	-	28/1	23/1	74/3
10	PUN : PUN	22/1	-	-	-	-	25/1	-	-	-	22/1	69/3
11	W.B. : W.B.	-	-	28/1	28/1	-	-	-	-	-	-	56/2
12	C.G. : C.G.	-	28/1	-	20/1	-	-	-	-	-	-	48/2
13	KRL : KRL	-	-	-	-	-	-	-	28/1	-	-	28/1
14	GUJ : GUJ	-	-	-	-	-	-	-	25/1	-	-	25/1
15	TEL : TEL	-	-	-	-	-	-	23/1	-	-	-	23/1
16	ARN : ARN	-	-	23/1	-	-	-	-	-	-	-	23/1
17	PON : PON	-	-	-	-	-	22/1	-	-	-	-	22/1
18	M.P. : M.P.	21/1	-	-	-	-	-	-	-	-	-	21/1
19	DEL : DEL	-	-	-	-	-	-	-	-	-	19/1	19/1



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Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR SUMMARY MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11
1	HRN : HRN	2	3	1	1			1				
2	W.B. : W.B.	2										
3	MNP : MNP	1	2		1							
4	MHR : MHR	1	1	2	1	3						
5	TND : TND	1		2								
6	ORS : ORS	1		1	1		1	2				
7	C.G. : C.G.	1					1					
8	KRL : KRL	1										
9	U.P. : U.P.		2		1	2	2	1		1	1	
10	PUN : PUN		1		2							
11	GUJ : GUJ		1									
12	H.P. : H.P.			1	1			1	3	1		
13	JKD : JKD			1			1	1				1
14	TEL : TEL			1								
15	ARN : ARN			1								
16	PON : PON				1							
17	ASM : ASM					2	3	1	2			
18	M.P. : M.P.					1						
19	DEL : DEL							1				



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JUNIOR MEN 's MEDALS

No.	Team
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



JUNIOR WOMEN 's MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11
1	HRN : HRN	2	3	1	1			1				
2	W.B. : W.B.	2										
3	MNP : MNP	1	2		1							
4	MHR : MHR	1	1	2	1	3						
5	TND : TND	1		2								
6	ORS : ORS	1		1	1		1	2				
7	C.G. : C.G.	1					1					
8	KRL : KRL	1										
9	U.P. : U.P.		2		1	2	2	1		1	1	
10	PUN : PUN		1		2							
11	GUJ : GUJ		1									
12	H.P. : H.P.			1	1			1	3	1		
13	JKD : JKD			1			1	1				1
14	TEL : TEL			1								
15	ARN : ARN			1								
16	PON : PON				1							
17	ASM : ASM					2	3	1	2			
18	M.P. : M.P.					1						
19	DEL : DEL							1				



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 45 kg

Competition : 15.06.2022 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	19	[A] Harshada Sharad Garud	150	MHR	08.11.2003	45.000	66	69	69	69	1	78	82	85	82	1	151	1
2	58	[A] Anjali Patel	140	U.P.	10-08-2004	45.000	65	68	69	65	2	77	81	81	77	2	142	2
3	53	[A] Diya Vyavahare	130	MHR	25-11-2003	44.600	55	58	60	58	3	69	73	73	73	3	131	3
4	103	[A] Vani Puri	122	PUN	16-03-2005	44.860	48	51	53	53	5	68	68	70	68	4	121	4
5	75	[B] Rani Nayak	103	M.P.	10-08-2002	42.400	48	53	53	53	4	58	63	63	58	5	111	5
6	25	[B] Tinamoni Sonowal	98	ASM	04-03-2002	43.940	43	46	48	46	7	53	57	57	57	6	103	6
7	9	[B] Babita Kumari	91	JKD	01-01-2007	45.000	35	39	39	39	8	46	51	51	46	7	85	7
	124	[B] Tannu	110	HRN	02-03-2004	44.000	50	53	54	50	6	61	61	61	--		--	

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

Center - Pal Singh Sandhu - Vijay Hooda [POL]
Left - Biku Sarita [ARN]
Right - Yogendra [U.P.]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 49 kg

Competition : 16.06.2022 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	155	[A] Gyaneshwari Yadav	161	C.G.	08-03-2003	48.850	72	76	78	78	1	84	89	92	92	1	170	1
2	21	[A] Th. Sanju Devi	150	MNP	17-04-2003	48.760	65	68	70	70	2	80	84	86	84	3	154	2
3	22	[B] V. Rithika	140	TND	25-07-2004	49.000	61	64	67	67	3	78	83	86	86	2	153	3
4	32	[B] Preeti	143	HRN	15-08-2002	48.740	62	65	67	65	4	80	83	83	80	4	145	4
5	109	[B] Nilam Patel	140	U.P.	17-12-2004	48.680	62	65	65	62	5	76	80	80	76	5	138	5
6	15	[B] Sandhya Rani Nayak	128	ORS	04-04-2003	47.280	55	58	60	60	6	70	70	74	74	6	134	6
7	184	[B] Shivani Yadav	113	U.P.	01-07-2006	48.860	51	54	57	54	7	61	65	68	65	7	119	7
8	44	[B] Vanshika	50	H.P.	03-12-2007	46.360	21	23	23	21	8	25	27	29	29	8	50	8
	166	[A] Shalu	140	U.P.	10-08-2003	48.460	64	66	66	--		--	--	--	--		--	

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - Pradeep Yadav [U.P.]
Left - Rajesh Kumar [H.P.]
Right - Virpal Kaur [PUN]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 55 kg

Competition : 16.06.2022 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	129	[A] Shrabani Das	182	W.B.	16-03-2002	54.820	73	76	79	79	1	98	103	106	106	1	185	1
2	146	[A] Usha	168	HRN	09-02-2003	54.240	71	74	74	74	2	90	93	95	95	2	169	2
3	169	[A] Boni Mangkhya	170	ARN	04-06-2004	54.800	70	70	73	70	3	91	100	100	91	3	161	3
4	16	[A] L. Nilam Devi	155	MNP	10-06-2004	53.560	67	67	70	70	4	87	90	90	87	5	157	4
5	64	[A] Sakshi Ranmale	160	MHR	04-12-2003	54.380	68	68	71	68	5	88	91	91	88	4	156	5
6	59	[B] Kumkum Yadav	140	U.P.	03-06-2004	54.140	60	64	66	66	6	80	83	85	83	6	149	6
7	115	[A] Mina Santa	145	ORS	07-03-2007	54.660	63	63	65	63	8	80	80	82	82	7	145	7
8	38	[B] Bibari Boro	143	ASM	25-12-2002	53.820	63	66	66	63	7	80	84	84	80	8	143	8
9	140	[B] Kumari Shalini	135	U.P.	01-01-2004	53.180	52	52	55	55	9	70	74	74	70	9	125	9
10	116	[B] Preeti Yadav	100	U.P.	02-07-2007	54.480	49	49	51	51	10	58	58	58	58	11	109	10
11	41	[B] Anupama Kumari	115	JKD	25-12-2005	53.540	48	50	51	48	11	58	61	63	61	10	109	11

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - RVLN Ratnakara Rao [A.P.]
Left - K.D.S. Nagra [CHD]
Right - Khushbu Yadav [U.P.]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 59 kg

Competition : 17.06.2022 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	187	[A] Sukarna Adak	185	W.B.	10-01-2003	58.800	80	84	86	84	1	98	102	103	103	2	187	1
2	141	[A] Bhawana	170	HRN	20.07.2005	59.000	75	78	81	81	2	98	103	107	103	1	184	2
3	173	[A] Sonakshi	165	HRN	18-03-2006	58.900	72	76	78	78	3	87	92	96	96	4	174	3
4	183	[B] Rima Bhoi	149	ORS	29-08-2002	57.860	68	69	73	73	5	90	94	97	97	3	170	4
5	185	[A] Sonam Singh	160	U.P.	18-12-2004	58.320	71	75	75	75	4	92	95	95	92	5	167	5
6	43	[A] Sonali Yadu	165	C.G.	19-09-2002	59.000	70	70	73	73	6	86	90	93	90	6	163	6
7	105	[B] Aparajita Bhuyan	144	ORS	27-10-2002	58.580	64	64	66	64	7	80	83	85	83	7	147	7
8	131	[B] Sanjana Bhatt	55	H.P.	12-07-2007	55.900	21	23	26	26	8	27	29	32	32	8	58	8
	101	[B] Ishwari Nishant Powar	155	MHR	08-03-2007	58.500	62	62	62	--		--	--	--	--		--	

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - Biku Sarita [ARN]
Left - Yogendra [U.P.]
Right - Pal Singh Sandhu - Vijay Hooda [POL]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 64 kg

Competition : 18.06.2022 10:00

Weigh in : 8:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	86	[A] Sangeeta Padhy	148	ORS	21-03-2003	63.980	65	70	74	74	1	84	89	89	89	1	163	1
2	27	[A] Kh. Elizah Chanu	135	MNP	01-04-2006	61.300	56	59	61	61	2	74	77	81	81	2	142	2
3	63	[A] Janis Barla	119	JKD	16-06-2006	59.620	50	53	56	53	3	64	68	70	70	3	123	3

Jury

1. A) Kumbasi Subramanya [KRN]
2. B) P S Sandhu [U.P.]
3. C) Shyamala Shetty [KRN]

Referee

- Center - Rajesh Kumar [H.P.]
Left - Virpal Kaur [PUN]
Right - Pradeep Yadav [U.P.]

Chief Marshal

1. Harbans Singh [PUN]
2. Yudhvir Singh [J.K.]

Time Keeper

1. Ajay Kumar Das [SSCB]

Technical Controller

1. Bhabajyoti Goswami [ASM]
2. G.P. Sharma [U.P.]

Secretary

1. Yashpal Yadav [U.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 71 kg

Competition : 18.06.2022 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	170	[A] Sanjana	166	HRN	18-01-2007	70.040	72	72	75	75	2	93	99	99	99	1	174	1
2	85	[A] Navdeep Kaur	170	PUN	15-11-2003	70.640	72	75	77	77	1	92	96	99	96	2	173	2
3	23	[B] Monali Sahoo	150	ORS	14-09-2003	70.800	62	65	67	67	4	84	87	91	91	3	158	3
4	118	[A] R. Harini	165	PON	02-06-2006	70.200	65	68	70	70	3	80	83	85	83	4	153	4
5	5	[B] Sandhya Bhaskar Sarode	140	MHR	24-08-2005	67.100	63	66	66	66	5	81	81	81	81	5	147	5
6	139	[B] Aruhi Kumari	125	JKD	09-09-2007	67.240	52	56	59	56	7	68	71	73	73	6	129	6
7	37	[B] Manvi	115	HRN	28-08-2002	70.960	53	58	61	61	6	60	62	67	67	8	128	7
8	119	[B] Chabina Sonowal	110	ASM	19-02-2005	64.100	50	55	58	55	8	60	66	71	71	7	126	8
9	188	[B] Pragya Sharma	100	H.P.	20-02-2006	64.220	40	45	50	50	9	50	55	60	60	9	110	9

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

Center - Pal Singh Sandhu - Vijay Hooda [POL]
Left - Biku Sarita [ARN]
Right - Yogendra [U.P.]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 76 kg

Competition : 19.06.2022 14:30

Weigh in : 12:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	45	[A] Jyoti Yadav	190	HRN	16-01-2004	75.780	75	79	82	82	1	95	100	105	105	1	187	1
2	106	[A] Tamana	174	HRN	10-05-2002	75.900	75	78	80	80	2	95	99	99	99	2	179	2
3	130	[A] V. Sahithi	173	TEL	15-10-2002	71.020	68	70	73	73	3	88	91	94	91	3	164	3
4	154	[A] Pratiksha Kadu	160	MHR	17-10-2003	72.060	67	70	73	70	4	80	85	85	80	4	150	4
5	69	[B] Dhanashri Vinod Bedade	140	MHR	28-05-2004	74.920	58	61	64	64	5	75	79	79	75	5	139	5
6	121	[B] Punam Yadav	113	U.P.	29-08-2006	71.240	51	53	56	56	6	60	63	63	63	7	119	6
7	98	[B] Astha Gogoi	110	ASM	11-03-2006	72.420	50	53	53	50	7	60	63	63	63	6	113	7
8	96	[B] Anchal	50	H.P.	30-06-2007	71.050	21	23	26	23	8	21	24	28	28	8	51	8

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - Pradeep Yadav [U.P.]
Left - Rajesh Kumar [H.P.]
Right - Virpal Kaur [PUN]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 81 kg

Competition : 20.06.2022 11:30

Weigh in : 9:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	134	[A] Amritha P. Suni	170	KRL	16-01-2007	80.700	68	73	75	75	1	90	95	97	95	1	170	1
2	74	[B] Gajjar Aayushi Umeshbhai	152	GUJ	18-08-2003	78.200	70	70	73	70	3	86	90	95	90	2	160	2
3	110	[B] Hema Ganage	150	MHR	06-06-2003	76.200	68	68	70	70	4	81	81	81	81	3	151	3
4	40	[B] Sakshi Kesahrwani	115	U.P.	25-07-2004	80.000	52	56	59	56	5	63	67	71	71	4	127	4
5	60	[B] Junmoni Lagashu	110	ASM	04-04-2002	80.000	47	52	55	55	6	60	66	72	66	5	121	5
6	148	[B] Aaishu Barua	85	ASM	26-02-2006	76.800	35	40	40	35	7	45	50	52	45	6	80	6
7	152	[B] Simran Rana	50	H.P.	05-11-2007	79.900	21	23	27	23	8	25	28	30	30	7	53	7
	133	[A] Muskan	163	HRN	02-03-2005	77.900	64	68	71	71	2	84	88	88	--		--	

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - RVLN Ratnakara Rao [A.P.]
Left - K.D.S. Nagra [CHD]
Right - Khushbu Yadav [U.P.]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN 87 kg

Competition : 21.06.2022 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	81	[A] K. Oviya	155	TND	02-11-2007	83.900	64	70	74	74	1	84	90	96	96	1	170	1
2	147	[A] Priti Deshmukh	176	MHR	25-02-2003	86.000	68	68	68	68	2	88	90	90	90	2	158	2
3	127	[B] Palak Rana	60	H.P.	14-02-2004	84.640	40	45	47	45	3	50	55	60	55	3	100	3
4	172	[B] Sunakshi Rana	60	H.P.	14-03-2005	81.800	27	31	31	27	4	35	40	43	43	4	70	4

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

- Center - Biku Sarita [ARN]
Left - Yogendra [U.P.]
Right - Pal Singh Sandhu - Vijay Hooda [POL]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



RESULT JUNIOR WOMEN +87 kg

Competition : 21.06.2022 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	135	[A] M. Martina Devi	180	MNP	21-03-2006	106.400	76	80	82	82	1	100	106	108	108	1	190	1
2	55	[A] Ichha Patel	148	U.P.	08-09-2004	96.500	60	65	70	70	2	82	87	91	91	2	161	2
3	13	[B] Deeba M	110	TND	26-05-2003	100.000	50	55	58	58	4	65	72	75	75	3	133	3
4	49	[B] Sehaj	136	PUN	08-12-2002	99.700	55	59	59	59	3	68	71	72	68	4	127	4
5	232	[B] Pinki Boro	100	ASM	25-11-2002	110.400	40	40	45	40	5	60	65	65	60	5	100	5
6	230	[B] Muskan Sonowal	77	ASM	22-02-2004	103.480	35	38	38	35	6	45	48	50	50	6	85	6
7	90	[B] Vaishnavi	69	DEL	26-08-2007	112.200	32	34	36	34	7	30	35	38	38	7	72	7

Jury

1. A) Hansa Sharma [UKD]
2. B) Sunil Kumar [DEL]
3. C) Pardeep Sharma [H.P.]

Referee

Center - Biku Sarita [ARN]
Left - Yogendra [U.P.]
Right - Pal Singh Sandhu - Vijay Hooda [POL]

Chief Marshal

1. Amarnath Tyagi [U.P.]
2. Rajkumar Jamwal [H.P.]

Time Keeper

1. Nirlep Singh [U.P.]

Technical Controller

1. Daljit Kaur [PUN]
2. Ravi Sharma [RAJ]

Secretary

1. Umeshwari Sharma [CHD]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

- A) HANSA SHARMA [UKD] *President of Jury
- B) SUNIL KUMAR [DEL]
- C) PARDEEP SHARMA [H.P.]

JURY Member Group 2 :

- A) KUMBASI SUBRAMANYA [KRN] *President of Jury
- B) P S SANDHU [U.P.]
- C) SHYAMALA SHETTY [KRN]

REFEREE Member Group 1 :

- RAJESH KUMAR [H.P.]
- VIRPAL KAUR [PUN]
- PRADEEP YADAV [U.P.]

REFEREE Member Group 2 :

- PAL SINGH SANDHU - VIJAY HOODA [POL]
- BIKU SARITA [ARN]
- YOGENDRA [U.P.]

REFEREE Member Group 3 :

- K.D.S. NAGRA [CHD]
- KHUSHBU YADAV [U.P.]
- RVLN RATNAKARA RAO [A.P.]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

AMARNATH TYAGI [U.P.]
RAJKUMAR JAMWAL [H.P.]

CHIEF MARSHAL Member Group 2 :

HARBANS SINGH [PUN]
YUDHVIR SINGH [J.K.]

TIMEKEEPER Member Group 1 :

NIRLEP SINGH [U.P.]

TIMEKEEPER Member Group 2 :

AJAY KUMAR DAS [SSCB]

TECHNICAL CONTROLLER Member Group 1 :

DALJIT KAUR [PUN]
RAVI SHARMA [RAJ]

TECHNICAL CONTROLLER Member Group 2 :

BHABAJYOTI GOSWAMI [ASM]
G.P. SHARMA [U.P.]

SECRETARY Member Group 1 :

UMESHWARI SHARMA [CHD]

SECRETARY Member Group 2 :

YASHPAL YADAV [U.P.]

COMPETITION DIRECTOR Member Group 1 :

PARDEEP SHARMA [H.P.]

TECHNICAL DELEGATE Member Group 1 :

SAHDEV YADAV, PRESIDENT, IWLF [U.P.]

SPEAKER Member Group 1 :

N.P.S. CHAUHAN [U.P.]

TSR OPERATOR Member Group 1 :

SUNEET CHOPRA [U.P.]

SPEAKER Member Group 2 :

KRISHNARAJ K [KRN]



KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



MEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
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KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE TOURNAMENT YOUTH JUNIOR AND SENIOR

Rainbow International School Nagrota Bagwan Himachal Pradesh

14/06/2022 to 22/06/2022



WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	Shrabani Das	16-03-2002	W.B.	54.820	185	636.006
2	Harshada Sharad Garud	08.11.2003	MHR	45.000	151	568.315
3	Gyaneshwari Yadav	08-03-2003	C.G.	48.850	170	528.312
4	Sukarna Adak	10-01-2003	W.B.	58.800	187	517.612
5	Bhawana	20.07.2005	HRN	59.000	184	490.537
6	Usha	09-02-2003	HRN	54.240	169	470.933
7	Anjali Patel	10-08-2004	U.P.	45.000	142	463.374
8	Sonakshi	18-03-2006	HRN	58.900	174	407.430
9	Boni Mangkhya	04-06-2004	ARN	54.800	161	400.863
10	Th. Sanju Devi	17-04-2003	MNP	48.760	154	380.440
11	Rima Bhoi	29-08-2002	ORS	57.860	170	377.139
12	V. Rithika	25-07-2004	TND	49.000	153	372.295
13	L. Nilam Devi	10-06-2004	MNP	53.560	157	368.723
14	Sakshi Ranmale	04-12-2003	MHR	54.380	156	360.979
15	Sonam Singh	18-12-2004	U.P.	58.320	167	355.479
16	Diya Vyavahare	25-11-2003	MHR	44.600	131	354.493
17	Jyoti Yadav	16-01-2004	HRN	75.780	187	338.911
18	Sonali Yadu	19-09-2002	C.G.	59.000	163	327.973
19	Preeti	15-08-2002	HRN	48.740	145	311.465
20	Kumkum Yadav	03-06-2004	U.P.	54.140	149	309.919
21	Tamana	10-05-2002	HRN	75.900	179	293.094
22	Sanjana	18-01-2007	HRN	70.040	174	292.189
23	Navdeep Kaur	15-11-2003	PUN	70.640	173	286.648
24	Mina Santa	07-03-2007	ORS	54.660	145	283.132
25	Sangeeta Padhy	21-03-2003	ORS	63.980	163	276.591
26	Vani Puri	16-03-2005	PUN	44.860	121	272.300
27	Bibari Boro	25-12-2002	ASM	53.820	143	270.365
28	Nilam Patel	17-12-2004	U.P.	48.680	138	264.255
29	Amritha P. Suni	16-01-2007	KRL	80.700	170	243.794
30	Sandhya Rani Nayak	04-04-2003	ORS	47.280	134	239.656
31	Aparajita Bhuyan	27-10-2002	ORS	58.580	147	232.692
32	V. Sahithi	15-10-2002	TEL	71.020	164	219.151
33	K. Oviya	02-11-2007	TND	83.900	170	217.735
34	Monali Sahoo	14-09-2003	ORS	70.800	158	212.081
35	Rani Nayak	10-08-2002	M.P.	42.400	111	204.456
36	Gajjar Aayushi Umeshbhai	18-08-2003	GUJ	78.200	160	199.324
37	R. Harini	02-06-2006	PON	70.200	153	190.593
38	Kh. Elizah Chanu	01-04-2006	MNP	61.300	142	174.927
39	Kumari Shalini	01-01-2004	U.P.	53.180	125	172.927
40	Priti Deshmukh	25-02-2003	MHR	86.000	158	170.733