

NATIONAL RECORDS AS ON 25-12-2024

Section	Wt. Cat.	Lift	Result (kg)	Name of Athlete	Born	Team	Date	Place
Youth Boys	49 kg	Snatch	88	Babulal Hembrom	10.7.2007	Jharkhand	17.7.2024	Suva, Fiji
Youth Boys	49 kg	C&J	114	Babulal Hembrom	10.7.2007	Jharkhand	17.7.2024	Suva, Fiji
Youth Boys	49 kg	Total	202	Babulal Hembrom	10.7.2007	Jharkhand	17.7.2024	Suva, Fiji
Youth Boys	55 kg	Snatch	104	S. Gurunaidu	9.5.2006	Andhra Pradesh	12.6.2022	Leon
Youth Boys	55 kg	C&J	131	N. Tomchou Meetei	3.4.2006	Manipur	12.7.2023	Greater Noida
Youth Boys	55 kg	Total	233	S. Gurunaidu	9.5.2006	Andhra Pradesh	29.12.2022	Nagercoil
Youth Boys	61 kg	Snatch	118	Siddhanta Gogoi	8.6.2004	Assam	15.2.2020	Tashkent
Youth Boys	61 kg	C&J	151	Siddhanta Gogoi	8.6.2004	Assam	15.2.2020	Tashkent
Youth Boys	61 kg	Total	269	Siddhanta Gogoi	8.6.2004	Assam	15.2.2020	Tashkent
Youth Boys	67 kg	Snatch	140	Jeremy Lalrinnunga	26.10.2002	Mizoram	20.2.2019	Doha
Youth Boys	67 kg	C&J	166	Jeremy Lalrinnunga	26.10.2002	Mizoram	20.2.2019	Doha
Youth Boys	67 kg	Total	306	Jeremy Lalrinnunga	26.10.2002	Mizoram	20.2.2019	Doha
Youth Boys	73 kg	Snatch	136	Bedabrat Bharali	19.5.2007	Assam	24.5.2024	Lima (Peru)
Youth Boys	73 kg	C&J	164	Bedabrat Bharali	19.5.2007	Assam	18.9.2024	Suva, Fiji
Youth Boys	73 kg	Total	300	Bedabrat Bharali	19.5.2007	Assam	18.9.2024	Suva, Fiji
Youth Boys	81 kg	Snatch	139	Sairaj Pardeshi	8.6.2007	Maharashtra	18.12.2024	Doha, Qatar
Youth Boys	81 kg	C&J	171	Sairaj Pardeshi	8.6.2007	Maharashtra	18.12.2024	Doha, Qatar
Youth Boys	81 kg	Total	311	Sairaj Pardeshi	8.6.2007	Maharashtra	18.12.2024	Doha, Qatar
Youth Boys	89 kg	Snatch	133	Dheershan J.	30.8.2006	Tamil Nadu	3.1.2024	Itanagar
Youth Boys	89 kg	C&J	170	Hrudananda Das	9.6.2007	Odisha	19.9.2024	Suva, Fiji
Youth Boys	89 kg	Total	299	Hrudananda Das	9.6.2007	Odisha	19.9.2024	Suva, Fiji
Youth Boys	96 kg	Snatch	141	Parv Chaudhary	10.7.2008	Uttar Pradesh	19.9.2024	Suva, Fiji
Youth Boys	96 kg	C&J	170	Parv Chaudhary	10.7.2008	Uttar Pradesh	19.9.2024	Suva, Fiji
Youth Boys	96 kg	Total	311	Parv Chaudhary	10.7.2008	Uttar Pradesh	19.9.2024	Suva, Fiji
Youth Boys	102 kg	Snatch	129	Goldi Khan	1.9.2005	Himachal Pradesh	6.1.2023	Nagercoil
Youth Boys	102 kg	C&J	153	Goldi Khan	1.9.2005	Himachal Pradesh	6.1.2023	Nagercoil
Youth Boys	102 kg	Total	282	Goldi Khan	1.9.2005	Himachal Pradesh	6.1.2023	Nagercoil
Youth Boys	+102 kg	Snatch	145	Paramvir Singh	5.10.2006	Chandigarh	7.1.2024	Itanagar
Youth Boys	+102 kg	C&J	176	Paramvir Singh	5.10.2006	Chandigarh	6.1.2023	Nagercoil
Youth Boys	+102 kg	Total	319	Paramvir Singh	5.10.2006	Chandigarh	6.1.2023	Nagercoil
Junior Men	55 kg	Snatch	114	Mukund Aher	4.7.2003	Maharashtra	28.12.2022	Nagercoil
Junior Men	55 kg	C&J	140	Mukund Aher	4.7.2003	Maharashtra	28.12.2022	Nagercoil
Junior Men	55 kg	Total	254	Mukund Aher	4.7.2003	Maharashtra	28.12.2022	Nagercoil
Junior Men	61 kg	Snatch	121	T. Madhavan	3.12.2004	Tamil Nadu	18.7.2022	Tashkent
Junior Men	61 kg	C&J	151	Siddhanta Gogoi	8.6.2004	Assam	15.2.2020	Tashkent
Junior Men	61 kg	Total	269	Siddhanta Gogoi	8.6.2004	Assam	15.2.2020	Tashkent
Junior Men	67 kg	Snatch	140	Jeremy Lalrinnunga	26.10.2002	Mizoram	20.2.2019	Doha
Junior Men	67 kg	C&J	167	Jeremy Lalrinnunga	26.10.2002	Mizoram	3.2.2020	Kolkata
Junior Men	67 kg	Total	306	Jeremy Lalrinnunga	26.10.2002	Mizoram	20.2.2019	Doha
Junior Men	73 kg	Snatch	138	Achinta Sheuli	24.11.2001	West Bengal	4.2.2020	Kolkata

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Section	Wt. Cat.	Lift	Result (kg)	Name of Athlete	Born	Team	Date	Place
Junior Men	73 kg	C&J	170	Achinta Sheuli	24.11.2001	West Bengal	22.10.2019	Pyongyang
Junior Men	73 kg	Total	306	Achinta Sheuli	24.11.2001	West Bengal	4.2.2020	Kolkata
Junior Men	81 kg	Snatch	147	Valluri Ajaya Babu	25.11.2004	Madhya Pradesh	22.12.2024	Doha, Qatar
Junior Men	81 kg	C&J	173	G. Ravisankar	11.10.2004	Andhra Pradesh	2.1.2024	Itanagar
Junior Men	81 kg	Total	319	Valluri Ajaya Babu	25.11.2004	Madhya Pradesh	22.12.2024	Doha, Qatar
Junior Men	89 kg	Snatch	147	Prince Malik	2.12.2002	Jammu	3.1.2023	Nagercoil
Junior Men	89 kg	C&J	171	Lalruatfela	5.3.2006	Mizoram	11.10.2024	Nagrota Bagwan
Junior Men	89 kg	Total	304	G. Ravisankar	11.10.2004	Andhra Pradesh	11.10.2024	Nagrota Bagwan
Junior Men	96 kg	Snatch	146	Dilbag Singh	13.10.2004	Punjab	11.10.2024	Nagrota Bagwan
Junior Men	96 kg	C&J	182	Dilbag Singh	13.10.2004	Punjab	11.10.2024	Nagrota Bagwan
Junior Men	96 kg	Total	328	Dilbag Singh	13.10.2004	Punjab	11.10.2024	Nagrota Bagwan
Junior Men	102 kg	Snatch	151	Harcharan Singh	20.8.2001	Rajasthan	28.3.2022	Bhubaneswar
Junior Men	102 kg	C&J	169	Mani Dhiman	14.12.2006	Chandigarh	12.10.2024	Nagrota Bagwan
Junior Men	102 kg	Total	319	Harcharan Singh	20.8.2001	Rajasthan	28.3.2022	Bhubaneswar
Junior Men	109 kg	Snatch	139	Sonu	10.8.2005	Haryana	13.10.2024	Nagrota Bagwan
Junior Men	109 kg	C&J	173	Akash Kaushal	27.12.2002	Madhya Pradesh	7.1.2023	Nagercoil
Junior Men	109 kg	Total	309	Akash Kaushal	27.12.2002	Madhya Pradesh	7.1.2023	Nagercoil
Junior Men	+109 kg	Snatch	148	Avinash	20.8.2000	Punjab	7.2.2020	Kolkata
Junior Men	+109 kg	C&J	176	Paramvir Singh	5.10.2006	Chandigarh	7.1.2023	Nagercoil
Junior Men	+109 kg	Total	319	Paramvir Singh	5.10.2006	Chandigarh	7.1.2023	Nagercoil
Senior Men	55 kg	Snatch	114	Mukund Aher	4.7.2003	Maharashtra	28.12.2022	Nagercoil
Senior Men	55 kg	C&J	143	Sanket Sargar	16.10.200	Maharashtra	25.2.2022	Singapore
Senior Men	55 kg	Total	256	Sanket Sargar	16.10.200	Maharashtra	25.2.2022	Singapore
Senior Men	61 kg	Snatch	124	Ch. Rishikanta Singh	7.5.1998	SSCB	8.10.2024	Nagrota Bagwan
Senior Men	61 kg	C&J	165	Muthupandi Raja	12.01.2000	RSPB	8.10.2024	Nagrota Bagwan
Senior Men	61 kg	Total	289	Muthupandi Raja	12.01.2000	RSPB	8.10.2024	Nagrota Bagwan
Senior Men	67 kg	Snatch	141	Jeremy Lalrinnunga	26.10.2002	Mizoram	10.12.2021	Tashkent
Senior Men	67 kg	C&J	167	Jeremy Lalrinnunga	26.10.2002	Mizoram	3.2.2020	Kolkata
Senior Men	67 kg	Total	306	Jeremy Lalrinnunga	26.10.2002	Mizoram	20.2.2019	Doha
Senior Men	73 kg	Snatch	145	Deepak Lather	25.2.2000	SSCB	11.8.2021	Patiala
Senior Men	73 kg	C&J	178	N. Ajith	27.1.1999	RSPB	9.10.2024	Nagrota Bagwan
Senior Men	73 kg	Total	318	N. Ajith	27.1.1999	RSPB	9.10.2024	Nagrota Bagwan
Senior Men	81 kg	Snatch	149	Ajay Singh	17.4.1997	SSCB	31.12.2022	Nagercoil
Senior Men	81 kg	C&J	190	Ajay Singh	17.4.1997	SSCB	17.7.2019	Apia
Senior Men	81 kg	Total	338	Ajay Singh	17.4.1997	SSCB	17.7.2019	Apia
Senior Men	89 kg	Snatch	150	Harshad Wadekar	14.6.1995	RSPB	26.2.2019	Visakhapatnam
Senior Men	89 kg	C&J	188	Sambo Lapung	6.3.1997	SSCB	6.2.2020	Kolkata
Senior Men	89 kg	Total	337	Harshad Wadekar	14.6.1995	RSPB	26.2.2019	Visakhapatnam
Senior Men	96 kg	Snatch	157	Vikas Thakur	14.11.1993	SSCB	9.2.2019	Chiangmai
Senior Men	96 kg	C&J	198	Kojum Taba	6.3.1997	SSCB	3.10.2022	Gandhinagar

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Senior Men	96 kg	Total	353	Vikas Thakur	14.11.1993	SSCB	9.2.2019	Chiangmai
Senior Men	102 kg	Snatch	157	Jagdish Vishwakarma	11.8.1994	SSCB	12.10.2024	Nagrota Bagwan
Senior Men	102 kg	C&J	202	Pardeep Singh	4.1.1995	RSPB	13.7.2019	Apia
Senior Men	102 kg	Total	351	Pardeep Singh	4.1.1995	RSPB	26.4.2019	Ningbo
Senior Men	109 kg	Snatch	163	Lovepreet Singh	9.6.1997	SSCB	3.8.2022	Birmingham
Senior Men	109 kg	C&J	192	Lovepreet Singh	9.6.1997	SSCB	3.8.2022	Birmingham
Senior Men	109 kg	Total	355	Lovepreet Singh	9.6.1997	SSCB	3.8.2022	Birmingham
Senior Men	+109 kg	Snatch	172	Gurdeep Singh	1.10.1995	RSPB	17.12.2021	Tashkent
Senior Men	+109 kg	C&J	223	Gurdeep Singh	1.10.1995	RSPB	3.8.2022	Birmingham
Senior Men	+109 kg	Total	391	Gurdeep Singh	1.10.1995	RSPB	30.3.2022	Bhubaneswar
Youth Girls	40 kg	Snatch	60	Akanksha Vyavhare	19.6.2007	Maharashtra	26.10.2022	Modinagar
Youth Girls	40 kg	C&J	76	Preetismita Bhoi	14.11.2008	Odisha	23.5.2024	Lima (Peru)
Youth Girls	40 kg	Total	135	Jyoshna Sabar	25.10.2008	Odisha	18.12.2024	Doha, Qatar
Youth Girls	45 kg	Snatch	70	Payal	24.7.2009	Haryana	18.12.2024	Doha, Qatar
Youth Girls	45 kg	C&J	85	Payal	24.7.2009	Haryana	18.12.2024	Doha, Qatar
Youth Girls	45 kg	Total	155	Payal	24.7.2009	Haryana	18.12.2024	Doha, Qatar
Youth Girls	49 kg	Snatch	70	Panchami Sonowal	5.5.2005	Assam	28.12.2022	Nagercoil
Youth Girls	49 kg	C&J	94	Asmita Dhone	1.5.2007	Maharashtra	18.12.2024	Doha, Qatar
Youth Girls	49 kg	Total	162	Asmita Dhone	1.5.2007	Maharashtra	18.12.2024	Doha, Qatar
Youth Girls	55 kg	Snatch	81	Mina Santa	25.10.2010	Odisha	18.9.2024	Suva, Fiji
Youth Girls	55 kg	C&J	103	Koyel Bar	22.6.2008	West Bengal	20.12.2024	Doha, Qatar
Youth Girls	55 kg	Total	182	Koyel Bar	22.6.2008	West Bengal	20.12.2024	Doha, Qatar
Youth Girls	59 kg	Snatch	80	Sukarna Adak	10.1.2003	West Bengal	21.12.2018	Doha
Youth Girls	59 kg	C&J	105	Ch. Nirmala Devi	19.6.2001	Manipur	16.12.2018	Nagpur
Youth Girls	59 kg	Total	184	Ch. Nirmala Devi	19.6.2001	Manipur	16.12.2018	Nagpur
Youth Girls	64 kg	Snatch	88	Bhawna	20.7.2005	Haryana	30.10.2022	Modinagar
Youth Girls	64 kg	C&J	113	Bhawna	20.7.2005	Haryana	30.10.2022	Modinagar
Youth Girls	64 kg	Total	201	Bhawna	20.7.2005	Haryana	30.10.2022	Modinagar
Youth Girls	71 kg	Snatch	85	Chelsi	25.3.2006	Delhi	3.1.2024	Itanagar
Youth Girls	71 kg	C&J	105	Chelsi	25.3.2006	Delhi	3.1.2024	Itanagar
Youth Girls	71 kg	Total	190	Chelsi	25.3.2006	Delhi	3.1.2024	Itanagar
Youth Girls	76 kg	Snatch	96	Sanjana	18.1.2007	Haryana	3.8.2023	Greater Noida
Youth Girls	76 kg	C&J	120	Sanjana	18.1.2007	Haryana	25.5.2024	Lima (Peru)
Youth Girls	76 kg	Total	210	Sanjana	18.1.2007	Haryana	25.5.2024	Lima (Peru)
Youth Girls	81 kg	Snatch	85	K. Oviya	2.1.2007	Tamil Nadu	19.9.2024	Suva, Fiji
Youth Girls	81 kg	C&J	113	K. Oviya	2.1.2007	Tamil Nadu	12.10.2024	Nagrota Bagwan
Youth Girls	81 kg	Total	198	K. Oviya	2.1.2007	Tamil Nadu	12.10.2024	Nagrota Bagwan
Youth Girls	+81 kg	Snatch	95	M. Martina Devi	21.3.2006	Manipur	15.7.2023	Greater Noida
Youth Girls	+81 kg	C&J	123	M. Martina Devi	21.3.2006	Manipur	15.7.2023	Greater Noida

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Youth Girls	+81 kg	Total	218	M. Martina Devi	21.3.2006	Manipur	15.7.2023	Greater Noida
Junior Women	45 kg	Snatch	73	Sufna Jasmin P.S.	25.10.2002	Kerala	28.12.2022	Nagercoil
Junior Women	45 kg	C&J	94	Jhilli Dalabehera	3.2.1999	Odisha	9.7.2019	Apia
Junior Women	45 kg	Total	164	Jhilli Dalabehera	3.2.1999	Odisha	9.7.2019	Apia
Junior Women	49 kg	Snatch	78	Gyaneshwari Yadav	8.3.2003	Chhattisgarh	28.12.2022	Nagercoil
Junior Women	49 kg	C&J	98	Jhilli Dalabehera	3.2.1999	Odisha	2.11.2018	Ashgabat
Junior Women	49 kg	Total	176	Gyaneshwari Yadav	8.3.2003	Chhattisgarh	12.7.2023	Greater Noida
Junior Women	55 kg	Snatch	86	L. Nilam Devi	9.2.2003	Manipur	19.12.2024	Doha, Qatar
Junior Women	55 kg	C&J	106	Shrabani Das	16.3.2002	West Bengal	17.6.2022	Nagrota Bagwan
Junior Women	55 kg	Total	190	L. Nilam Devi	16.3.2002	Manipur	19.12.2024	Doha, Qatar
Junior Women	59 kg	Snatch	84	Popy Hazarika	8.12.1998	Assam	18.12.2018	Nagpur
Junior Women	59 kg	C&J	105	Ch. Nirmala Devi	19.6.2001	Manipur	18.12.2018	Nagpur
Junior Women	59 kg	Total	187	Sukarna Adak	10.1.2003	West Bengal	17.6.2022	Nagrota Bagwan
Junior Women	64 kg	Snatch	88	Bhawna	20.7.2005	Haryana	30.10.2022	Modinagar
Junior Women	64 kg	C&J	113	Bhawna	20.7.2005	Haryana	30.10.2022	Modinagar
Junior Women	64 kg	Total	201	Bhawna	20.7.2005	Haryana	30.10.2022	Modinagar
Junior Women	71 kg	Snatch	85	Chelsi	25.3.2006	Delhi	3.1.2024	Itanagar
Junior Women	71 kg	C&J	114	Navdeep Kaur	15.11.2003	Punjab	2.1.2023	Nagercoil
Junior Women	71 kg	Total	194	Navdeep Kaur	15.11.2003	Punjab	2.1.2023	Nagercoil
Junior Women	76 kg	Snatch	90	Sanjana	18.1.2007	Haryana	25.5.2024	Lima, Peru
Junior Women	76 kg	C&J	123	Heena	11.2.2006	Punjab	11.10.2024	Nagrota Bagwan
Junior Women	76 kg	Total	211	Heena	11.2.2006	Punjab	11.10.2024	Nagrota Bagwan
Junior Women	81 kg	Snatch	90	Kalpna Yadav	10.7.2002	Uttar Pradesh	31.10.2022	Modinagar
Junior Women	81 kg	C&J	120	Akshata Kamati	2.8.1999	Karnataka	20.10.2019	Bodh Gaya
Junior Women	81 kg	Total	201	Kalpna Yadav	10.7.2002	Uttar Pradesh	31.10.2022	Modinagar
Junior Women	87 kg	Snatch	84	Y. Chaitna Kumari	12.8.2006	Andhra Pradesh	13.10.2024	Nagrota Bagwan
Junior Women	87 kg	C&J	105	Yogita Khedkar	15.6.2002	Maharashtra	1.11.2022	Modinagar
Junior Women	87 kg	Total	184	Y. Chaitna Kumari	12.8.2006	Andhra Pradesh	13.10.2024	Nagrota Bagwan
Junior Women	+87 kg	Snatch	101	M. Martina Devi	21.3.2006	Manipur	27.9.2024	Leon, Spain
Junior Women	+87 kg	C&J	136	M. Martina Devi	21.3.2006	Manipur	27.9.2024	Leon, Spain
Junior Women	+87 kg	Total	237	M. Martina Devi	21.3.2006	Manipur	27.9.2024	Leon, Spain
Senior Women	45 kg	Snatch	76	Sufna Jasmin	25.10.2002	Kerala	7.10.2024	Nagrota Bagwan
Senior Women	45 kg	C&J	95	Chandrika Tarafdar	12.10.1996	West Bengal	25.10.2023	Goa
Senior Women	45 kg	Total	169	Sufna Jasmin	25.10.2002	Kerala	7.10.2024	Nagrota Bagwan
Senior Women	49 kg	Snatch	88	S. Mirabai Chanu	8.8.1994	RSPB	4.2.2020	Kolkata
Senior Women	49 kg	C&J	119	S. Mirabai Chanu	8.8.1994	RSPB	18.4.2021	Tashkent
Senior Women	49 kg	Total	205	S. Mirabai Chanu	8.8.1994	RSPB	18.4.2021	Tashkent
Senior Women	55 kg	Snatch	86	S. Mirabai Chanu	8.8.1994	RSPB	25.2.2022	Singapore
Senior Women	55 kg	C&J	116	S. Bindyarani Devi	27.1.1999	Manipur	30.7.2022	Birmingham

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Senior Women	55 kg	Total	202	S. Bindyarani Devi	27.1.1999	Manipur	30.7.2022	Birmingham
Senior Women	59 kg	Snatch	94	Popy Hazarika	8.12.1998	RSPB	4.2.2020	Kolkata
Senior Women	59 kg	C&J	115	E. Deexitha	25.9.1997	Telangana	23.2.2019	Visakhapatnam
Senior Women	59 kg	Total	203	E. Deexitha	25.9.1997	Telangana	4.2.2020	Kolkata
Senior Women	64 kg	Snatch	95	Rakhi Halder	6.7.1993	RSPB	21.12.2019	Doha
Senior Women	64 kg	C&J	124	Rakhi Halder	6.7.1993	RSPB	22.9.2019	Chiangmai
Senior Women	64 kg	Total	218	Rakhi Halder	6.7.1993	RSPB	21.12.2019	Doha
Senior Women	71 kg	Snatch	98	Harjinder Kaur	14.10.1996	Punjab	10.10.2024	Nagrota Bagwan
Senior Women	71 kg	C&J	125	Harjinder Kaur	14.10.1996	Punjab	10.10.2024	Nagrota Bagwan
Senior Women	71 kg	Total	223	Harjinder Kaur	14.10.1996	Punjab	10.10.2024	Nagrota Bagwan
Senior Women	76 kg	Snatch	99	Punam Yadav	9.7.1995	RSPB	27.3.2022	Bhubaneswar
Senior Women	76 kg	C&J	127	Harmanpreet Kaur	9.10.2001	Punjab	11.10.2024	Nagrota Bagwan
Senior Women	76 kg	Total	223	Harmanpreet Kaur	9.10.2001	Punjab	11.10.2024	Nagrota Bagwan
Senior Women	81 kg	Snatch	100	Punam Yadav	9.7.1995	RSPB	6.1.2023	Nagercoil
Senior Women	81 kg	C&J	124	Vanshita Verma	18.10.2001	Chandigarh	5.1.2024	Itanagar
Senior Women	81 kg	Total	222	Punam Yadav	9.7.1995	RSPB	6.1.2023	Nagercoil
Senior Women	87 kg	Snatch	102	Srishti Singh	5.5.1988	RSPB	26.2.2019	Visakhapatnam
Senior Women	87 kg	C&J	127	R. Arockiya Alish	5.11.2000	Tamil Nadu	6.1.2024	Itanagar
Senior Women	87 kg	Total	228	P. Anuradha	25.5.1992	Tamil Nadu	26.2.2019	Visakhapatnam
Senior Women	+87 kg	Snatch	105	Mehak Sharma	1.4.1995	Punjab	6.1.2024	Itanagar
Senior Women	+87 kg	C&J	140	Mehak Sharma	1.4.1995	Punjab	13.10.2024	Nagrota Bagwan
Senior Women	+87 kg	Total	244	Mehak Sharma	1.4.1995	Punjab	13.10.2024	Nagrota Bagwan