

RESULTS BOOK



SENIOR

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026



SENIOR MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
60 kg	TOTAL	1	245	HIMANSHU MAHESHWARI	12-07-2003	BRL
		2	217	VEERPAL	07-02-2006	PLB
		3	215	UMESH	06-10-2004	FZD
65 kg	TOTAL	1	235	SUSHIL KUMAR	07-03-2003	MAT
		2	225	GAJENDRA KUMAR	08-03-2003	GBN
		3	173	PRAVEEN SINGH	20-07-2004	FZD
71 kg	TOTAL	1	251	SARIK	01-01-2006	BGP
		2	240	AKSHAY SHANKHDHAR	28-03-2007	BDU
		3	236	SANRAJ	04-07-2008	SRE
79 kg	TOTAL	1	291	AASHISH	08.09..2006	HPR
		2	280	ABHISHEK POONIA	01.01.2002	GZB
		3	275	VINAY LAL YADAV	06-07-2004	GZP
88 kg	TOTAL	1	280	AAMIR MALIK	10-09-2004	SRE
		2	277	GAURAV SOLANKI	08.06.2005	AGR
		3	272	RISHABH YADAV	16-03-2006	JHN
94 kg	TOTAL	1	331	PARV CHAUDHARY	10-07-2008	BIJ
		2	313	RAM KARAN PRAJAPATI	15-07-1998	VNS
		3	286	SANOVER	01.01.2003	GZB
110 kg	TOTAL	1	308	ANKUR SINGH	10.01.1996	GZB
		2	295	TUSHAR CHAUDHARY	07-12-2008	BIJ
		3	280	ABHISHEK DIXIT	16-12-2005	FZD
+110 kg	TOTAL	1	300	HIMANSHU KUMAR CHANG	15-01-1992	BIJ
		2	272	UJJAWAL	24-07-2001	MRT
		3	265	SOGAT KUMAR	13-05-2007	BIJ

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SENIOR WOMEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
48 kg	TOTAL	1	167	MANSI CHAMUNDA - BDU	04.01.2007	U.P.
		2	138	BANITA NAIK	9.9.2008	ORS
		3	133	SANTOSHI KUMARI	14-06-2001	BDU
53 kg	TOTAL	1	166	VIDHYA SHARMA	20.01.2005	GUJ
		2	158	KM. GUDIYA - FZD	14.10.2001	U.P.
		3	157	PIPI YANGFO	18.10.2006	ARN
58 kg	TOTAL	1	187	AISANGFA GOGOI	16.12.2007	ASM
		2	179	ANANYA VIJAY PATIL	14.01.2001	MHR
		3	176	SAGUN RAV- VNS	24.02.2005	U.P.
63 kg	TOTAL	1	182	SONAM SINGH- VNS	18.12.2004	U.P.
		2	175	SONALI YADU	19.09.2002	C.G.
		3	173	LUNA SONOWAL	14.9.2009	ASM
69 kg	TOTAL	1	175	TAMANNA	13.10.2007	HRN
		2	169	SALONI SINGH	25-10-2001	UPP
		3	160	GEETANJALI YADAV	16-12-2006	CHL
77 kg	TOTAL	1	206	SANJANA	18.01.2007	NCOE
		2	198	POOJA YADAV	15-07-1996	VNS
		3	170	KOMAL BHATI	30.07.2008	NCOE
86 kg	TOTAL	1	203	KM. KARTIGYA	13-09-1999	SRE
		2	199	KALPANA YADAV	10-07-2002	LKO
		3	164	MAUSUMI DAS	12.8.2009	ORS
+86 kg	TOTAL	1	244	MARTINA DEVI MAIBAM	21.03.2006	U.P.
		2	210	PURNIMA PANDEY	16-10-1997	VNS
		3	202	ADITI	07-05-2007	SRE

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SENIOR SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	U.P. : U.P.	0/0	132/6	132/6
2	SRE : SRE	51/3	69/3	120/6
3	ORS : ORS	0/0	114/5	114/5
4	GZB : GZB	113/7	0/0	113/7
5	LKO : LKO	22/2	85/4	107/6
6	BIJ : BIJ	104/5	0/0	104/5
7	VNS : VNS	45/3	50/5	95/8
8	FZD : FZD	90/4	0/1	90/5
9	MRT : MRT	68/4	21/1	89/5
10	HPR : HPR	64/4	19/1	83/5
11	UPP : UPP	36/4	42/2	78/6
12	MAT : MAT	72/4	0/0	72/4
13	MHR : MHR	0/0	67/3	67/3
14	BGP : BGP	67/4	0/0	67/4
15	BDU : BDU	25/1	42/3	67/4
16	BRL : BRL	66/4	0/1	66/5
17	NCOE : NCOE	0/0	51/2	51/2
18	ASM : ASM	0/0	51/5	51/5
19	GUJ : GUJ	0/0	49/2	49/2
20	HRN : HRN	0/0	48/2	48/2
21	GBN : GBN	47/2	0/0	47/2
22	AGR : AGR	25/1	21/1	46/2
23	FBD : FBD	0/0	43/2	43/2
24	KNP : KNP	0/0	42/2	42/2
25	PUN : PUN	0/0	42/2	42/2
26	DEL : DEL	0/0	37/2	37/2
27	PLB : PLB	25/1	0/0	25/1
28	C.G. : C.G.	0/0	25/1	25/1
29	JHN : JHN	23/1	0/0	23/1
30	ARN : ARN	0/0	23/1	23/1
31	CHL : CHL	0/0	23/1	23/1
32	GZP : GZP	23/3	0/0	23/3
33	KRN : KRN	0/0	22/1	22/1
34	W.B. : W.B.	0/0	21/1	21/1
35	GOA : GOA	0/0	21/1	21/1
36	H.P. : H.P.	0/0	20/1	20/1
37	UKD : UKD	0/0	20/1	20/1
38	BHR : BHR	0/0	20/1	20/1
39	MZN : MZN	0/1	20/1	20/2
40	RAJ : RAJ	0/0	19/1	19/1
41	MGH : MGH	0/0	19/1	19/1
42	MBD : MBD	19/1	0/0	19/1
43	AZM : AZM	0/0	18/1	18/1
44	UPWA : UPWA	18/2	0/0	18/2
45	J.K. : J.K.	0/0	17/1	17/1
46	SJP : SJP	0/0	17/1	17/1
47	PYJ : PYJ	0/1	17/1	17/2
48	HRD : HRD	0/1	0/0	0/1
49	ETAH : ETAH	0/2	0/0	0/2

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08/01/2026 to 14/01/2026



SENIOR MEN's TEAM CLASSIFICATION

No.	Team	60 kg	65 kg	71 kg	79 kg	88 kg	94 kg	110 kg	+110 kg	TOTAL
1	GZB : GZB	-	-	-	25/1	15/1	45/2	28/3	-	113/7
2	BIJ : BIJ	-	-	-	-	0/1	28/1	25/1	51/2	104/5
3	FZD : FZD	23/1	23/1	-	-	21/1	-	23/1	-	90/4
4	MAT : MAT	-	28/1	22/1	22/1	0/1	-	-	-	72/4
5	MRT : MRT	-	-	21/1	-	22/1	0/1	-	25/1	68/4
6	BGP : BGP	-	-	28/1	39/2	-	-	0/1	-	67/4
7	BRL : BRL	28/1	-	-	17/2	-	21/1	-	-	66/4
8	HPR : HPR	-	-	-	48/2	16/2	-	-	-	64/4
9	SRE : SRE	-	-	23/1	-	28/1	-	-	0/1	51/3
10	GBN : GBN	-	25/1	-	-	-	-	-	22/1	47/2
11	VNS : VNS	-	-	0/1	-	20/1	25/1	-	-	45/3
12	UPP : UPP	-	0/1	0/1	19/1	17/1	-	-	-	36/4
13	BDU : BDU	-	-	25/1	-	-	-	-	-	25/1
14	PLB : PLB	25/1	-	-	-	-	-	-	-	25/1
15	AGR : AGR	-	-	-	-	25/1	-	-	-	25/1
16	JHN : JHN	-	-	-	-	23/1	-	-	-	23/1
17	GZP : GZP	-	-	0/2	23/1	-	-	-	-	23/3
18	LKO : LKO	22/2	-	-	-	-	-	-	-	22/2
19	MBD : MBD	-	-	-	-	19/1	-	-	-	19/1
20	UPWA : UPWA	-	-	-	0/1	18/1	-	-	-	18/2
21	HRD : HRD	0/1	-	-	-	-	-	-	-	0/1
22	PYJ : PYJ	-	-	-	-	0/1	-	-	-	0/1
23	MZN : MZN	-	-	-	-	-	-	0/1	-	0/1
24	ETAH : ETAH	-	0/1	-	-	-	-	0/1	-	0/2

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SENIOR WOMEN's TEAM CLASSIFICATION

No.	Team	48 kg	53 kg	58 kg	63 kg	69 kg	77 kg	86 kg	+86 kg	TOTAL
1	U.P. : U.P.	28/1	25/1	23/2	28/1	-	-	-	28/1	132/6
2	ORS : ORS	25/1	-	22/1	22/1	22/1	-	23/1	-	114/5
3	LKO : LKO	42/2	-	18/1	-	-	-	25/1	-	85/4
4	SRE : SRE	-	-	-	18/1	-	-	28/1	23/1	69/3
5	MHR : MHR	-	-	46/2	-	21/1	-	-	-	67/3
6	NCOE : NCOE	-	-	-	-	-	51/2	-	-	51/2
7	ASM : ASM	-	-	28/1	23/1	-	0/1	0/2	-	51/5
8	VNS : VNS	-	0/1	-	-	0/1	25/1	-	25/2	50/5
9	GUJ : GUJ	-	28/1	-	-	-	-	21/1	-	49/2
10	HRN : HRN	-	20/1	-	-	28/1	-	-	-	48/2
11	FBD : FBD	21/1	22/1	-	-	-	-	-	-	43/2
12	KNP : KNP	-	-	-	20/1	-	22/1	-	-	42/2
13	UPP : UPP	-	-	17/1	-	25/1	-	-	-	42/2
14	PUN : PUN	-	-	-	-	-	-	22/1	20/1	42/2
15	BDU : BDU	23/1	19/1	0/1	-	-	-	-	-	42/3
16	DEL : DEL	-	18/1	-	19/1	-	-	-	-	37/2
17	C.G. : C.G.	-	-	-	25/1	-	-	-	-	25/1
18	ARN : ARN	-	23/1	-	-	-	-	-	-	23/1
19	CHL : CHL	-	-	-	-	23/1	-	-	-	23/1
20	KRN : KRN	-	-	-	-	-	-	-	22/1	22/1
21	GOA : GOA	-	-	-	-	-	-	-	21/1	21/1
22	W.B. : W.B.	-	-	-	-	-	21/1	-	-	21/1
23	MRT : MRT	-	21/1	-	-	-	-	-	-	21/1
24	AGR : AGR	-	-	-	21/1	-	-	-	-	21/1
25	MZN : MZN	-	-	-	-	20/1	-	-	-	20/1
26	H.P. : H.P.	-	-	20/1	-	-	-	-	-	20/1
27	UKD : UKD	-	-	-	-	-	-	20/1	-	20/1
28	BHR : BHR	-	-	-	-	-	20/1	-	-	20/1
29	HPR : HPR	-	-	19/1	-	-	-	-	-	19/1
30	RAJ : RAJ	19/1	-	-	-	-	-	-	-	19/1
31	MGH : MGH	-	-	-	-	19/1	-	-	-	19/1
32	AZM : AZM	18/1	-	-	-	-	-	-	-	18/1
33	SJP : SJP	-	17/1	-	-	-	-	-	-	17/1
34	PYJ : PYJ	-	-	-	17/1	-	-	-	-	17/1
35	J.K. : J.K.	17/1	-	-	-	-	-	-	-	17/1
36	FZD : FZD	-	-	-	-	0/1	-	-	-	0/1
37	BRL : BRL	-	-	-	0/1	-	-	-	-	0/1

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SENIOR SUMMARY MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11
1	U.P. : U.P.	3	1	1								
2	BIJ : BIJ	2	1	1								
3	SRE : SRE	2		2					1			
4	GZB : GZB	1	1	1	1							1
5	ASM : ASM	1		1								
6	NCOE : NCOE	1		1								
7	MAT : MAT	1			2							
8	BGP : BGP	1				1			1			
9	BRL : BRL	1				1				1		
10	GUJ : GUJ	1				1						
11	HPR : HPR	1					1	1			1	
12	HRN : HRN	1					1					
13	VNS : VNS		3				1					
14	ORS : ORS		1	1	3							
15	BDU : BDU		1	1				1				
16	LKO : LKO		1		2		1		1			
17	MRT : MRT		1		1	2						
18	GBN : GBN		1		1							
19	MHR : MHR		1			2						
20	AGR : AGR		1			1						
21	UPP : UPP		1					1		2		
22	PLB : PLB		1									
23	C.G. : C.G.		1									
24	FZD : FZD			3		1						
25	JHN : JHN			1								
26	ARN : ARN			1								
27	CHL : CHL			1								
28	GZP : GZP			1								
29	FBD : FBD				1	1						
30	PUN : PUN				1		1					
31	KNP : KNP				1		1					
32	KRN : KRN				1							

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SENIOR MEN 's MEDALS

No.	Team	1	2	3	4	5	6	7	8	9	10	11
1	BIJ : BIJ	2	1	1								
2	GZB : GZB	1	1	1	1							1
3	SRE : SRE	1		1								
4	MAT : MAT	1			2							
5	BGP : BGP	1				1			1			
6	BRL : BRL	1				1				1		
7	HPR : HPR	1					1				1	
8	MRT : MRT		1		1	1						
9	GBN : GBN		1		1							
10	VNS : VNS		1				1					
11	PLB : PLB		1									
12	AGR : AGR		1									
13	BDU : BDU		1									
14	FZD : FZD			3		1						
15	GZP : GZP			1								
16	JHN : JHN			1								
17	LKO : LKO				1							
18	UPP : UPP							1		1		
19	MBD : MBD							1				
20	UPWA : UPWA								1			
21	PYJ : PYJ											
22	MZN : MZN											
23	HRD : HRD											
24	ETAH : ETAH											

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No.	Team	1	2	3	4	5	6	7	8	9
1	U.P. : U.P.	3	1	1						
2	SRE : SRE	1		1					1	
3	NCOE : NCOE	1		1						
4	ASM : ASM	1		1						
5	GUJ : GUJ	1				1				
6	HRN : HRN	1					1			
7	VNS : VNS		2							
8	ORS : ORS		1	1	3					
9	LKO : LKO		1		1		1		1	
10	MHR : MHR		1			2				
11	UPP : UPP		1							1
12	C.G. : C.G.		1							
13	BDU : BDU			1				1		
14	CHL : CHL			1						
15	ARN : ARN			1						
16	FBD : FBD				1	1				
17	KNP : KNP				1		1			
18	PUN : PUN				1		1			
19	KRN : KRN				1					
20	W.B. : W.B.					1				
21	MRT : MRT					1				
22	GOA : GOA					1				
23	AGR : AGR					1				
24	H.P. : H.P.						1			
25	MZN : MZN						1			
26	BHR : BHR						1			
27	UKD : UKD						1			
28	DEL : DEL							1	1	
29	MGH : MGH							1		
30	HPR : HPR							1		
31	RAJ : RAJ							1		
32	AZM : AZM								1	

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RESULT SENIOR MEN 60 kg

Competition : 12.01.2026 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	300	[A] HIMANSHU MAHESHWARI	250	BRL	12-07-2003	59.260	105	110	115	110	1	135	140	140	135	1	245	1
2	194	[A] VEERPAL	230	PLB	07-02-2006	59.000	90	94	97	97	2	120	120	125	120	3	217	2
3	146	[A] UMESH	220	FZD	06-10-2004	57.750	92	95	98	95	3	120	128	128	120	2	215	3
4	143	[B] HIMANSHU CHAUDHARY	170	LKO	06-12-2007	59.870	65	68	71	68	4	85	88	91	88	4	156	4
	55	[A] ANKIT VERMA	240	HRD	18-06-2004	69.670	93	93	93	--		--	--	--	--		--	
	188	[B] BRIJESH KUMAR VISHWAKARMA	170	LKO	15-08-1996	59.940	65	65	65	--		--	--	--	--		--	

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08/01/2026 to 14/01/2026



RESULT SENIOR MEN 65 kg

Competition : 13.01.2026 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	328	[A] SUSHIL KUMAR	230	MAT	07-03-2003	64.590	103	103	106	103	1	126	132	140	132	1	235	1
2	77	[A] GAJENDRA KUMAR	225	GBN	08-03-2003	64.850	100	102	--	100	2	125	125	136	125	2	225	2
3	215	[B] PRAVEEN SINGH	160	FZD	20-07-2004	63.095	75	75	77	75	3	98	98	100	98	3	173	3
	461	[B] VIJENDRA	180	ETAH	03-02-2004	64.545	77	77	77	--		--	--	--	--		--	
	381	[B] ROHIT KUAMR YADAV	190	UPP	01-01-2002	60.850	75	--	--	--		--	--	--	--		--	

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RESULT SENIOR MEN 71 kg

Competition : 13.01.2026 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	406	[A] SARIK	243	BGP	01-01-2006	67.730	107	111	113	113	1	138	138	138	138	1	251	1
2	51	[A] AKSHAY SHANKHDHAR	240	BDU	28-03-2007	70.720	105	110	113	110	2	130	130	130	130	3	240	2
3	110	[A] SANRAJ	250	SRE	04-07-2008	69.880	106	111	111	106	3	130	136	136	130	2	236	3
4	455	[A] NITIN CHAUDHARY	205	MAT	15-04-2006	70.160	95	98	100	98	4	113	113	113	113	4	211	4
5	111	[B] RISHAB TYAGI	198	MRT	28-08-2004	68.870	91	91	94	91	5	105	111	112	105	5	196	5
	413	[A] ASHUTOSH YADAV	235	GZP	02-09-2004	69.340	101	102	102	--		--	--	--	--		--	
	479	[A] ABHISHEK PAL	250	GZP	08-11-2004	69.940	102	102	102	--		--	--	--	--		--	
	176	[A] MRITUNJAI RAI	200	UPP	28-12-2001	69.610	83	83	83	--		--	--	--	--		--	
	178	[B] MANOJ KUMAR	188	VNS	18-05-2002	68.960	83	83	83	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR MEN 79 kg

Competition : 13.01.2026 16:00

Weigh in : 14:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	264	[A] AASHISH	270	HPR	08.09..2006	78.550	124	130	133	133	1	150	158	163	158	1	291	1
2	242	[A] ABHISHEK POONIA	270	GZB	01.01.2002	77.880	125	125	131	125	2	155	164	167	155	3	280	2
3	330	[A] VINAY LAL YADAV	285	GZP	06-07-2004	78.140	115	119	119	119	5	156	162	162	156	2	275	3
4	390	[A] DHEERAJ KUMAR	280	MAT	28-09-2007	76.960	121	121	124	121	4	149	149	153	153	4	274	4
5	318	[A] AAYUSH RANA	282	BGP	06-01-2009	77.980	123	123	123	123	3	144	150	150	150	5	273	5
6	331	[A] VASU TYAGI	260	HPR	01.01.2001	78.610	113	116	121	116	6	145	149	152	145	6	261	6
7	340	[A] PRADEEP KUMAR	251	UPP	02-12-1997	77.920	101	104	107	107	7	130	132	135	130	7	237	7
8	471	[A] RISHABH	220	BGP	03-07-2004	72.010	95	95	99	95	9	125	125	130	125	8	220	8
9	16	[B] ANSHU	210	BRL	06-01-2006	77.150	80	--	--	80	10	110	--	--	110	9	190	9
	104	[A] VIKAS	240	BRL	04-01-2003	74.750	100	105	105	100	8	135	140	140	--		--	
	498	[B] DEV KUMAR	200	UPWA	12-09-2001	73.190	90	--	--	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR MEN 88 kg

Competition : 14.01.2026 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	123	[A] AAMIR MALIK	290	SRE	10-09-2004	84.270	125	130	134	130	1	146	150	154	150	3	280	1
2	454	[B] GAURAV SOLANKI	230	AGR	08.06.2005	85.610	120	120	125	125	2	145	152	152	152	1	277	2
3	36	[A] RISHABH YADAV	270	JHN	16-03-2006	85.730	120	123	125	120	3	152	158	160	152	2	272	3
4	262	[A] VISHESH TOMAR	246	MRT	26-01-2008	79.470	108	115	115	108	5	137	145	153	145	4	253	4
5	253	[A] GOVIND SINGH	250	FZD	10-11-2006	85.150	107	107	112	107	6	140	150	150	140	5	247	5
6	424	[A] AKASH KUMAR	260	VNS	12-07-2004	86.750	110	110	113	113	4	130	135	--	130	7	243	6
7	292	[B] SHANE AALAM	220	MBD	17-06-1998	81.100	100	105	110	105	9	137	142	145	137	6	242	7
8	497	[B] KANHAIYA	230	UPWA	15-06-2004	87.850	100	100	100	100	11	125	126	127	127	8	227	8
9	322	[B] BRIJESH KUMAR	240	UPP	11-07-1996	84.570	100	106	--	106	7	120	--	--	120	10	226	9
10	6	[B] HARPREET SINGH HOODA	230	HPR	01.01.2002	79.900	100	105	110	105	8	120	120	130	120	11	225	10
11	237	[B] PARTH DUBEY	220	GZB	13.08.2001	86.480	100	100	103	100	10	120	124	126	124	9	224	11
	63	[A] SUSHANT NIRBAL	270	BIJ	01-02-2006	82.450	115	115	115	--		--	--	--	--		--	
	112	[B] MUKUL	220	HPR	01.01.2000	83.430	100	100	100	--		--	--	--	--		--	
	376	[A] SACHIN KUMAR	290	MAT	03-04-2004	83.420	120	120	120	--		--	--	--	--		--	
	470	[A] RAVEENDRA BHARTIYA	265	PYJ	15-10-2005	84.350	--	--	--	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR MEN 94 kg

Competition : 14.01.2026 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	25	[A] PARV CHAUDHARY	320	BIJ	10-07-2008	93.590	142	147	151	151	1	180	--	--	180	1	331	1
2	352	[A] RAM KARAN PRAJAPATI	310	VNS	15-07-1998	92.580	136	136	136	136	2	165	177	185	177	2	313	2
3	474	[A] SANOVER	290	GZB	01.01.2003	92.820	120	120	126	126	3	150	156	160	160	3	286	3
4	86	[A] GAURAV KUMAR RANA	270	GZB	03.01.2004	93.650	110	110	115	110	5	141	146	146	141	4	251	4
5	206	[A] ANKIT KASHYAP	250	BRL	04-11-2001	92.850	105	105	117	105	6	135	141	148	141	5	246	5
	317	[A] VISHAL CHAUDHARY	266	MRT	25.12.2001	92.260	117	117	118	118	4	--	--	--	--		--	

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR MEN 110 kg

Competition : 14.01.2026 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	207	[A] ANKUR SINGH	310	GZB	10.01.1996	108.070	135	141	144	141	1	160	167	175	167	2	308	1
2	344	[A] TUSHAR CHAUDHARY	290	BIJ	07-12-2008	106.210	124	124	128	124	3	159	165	171	171	1	295	2
3	354	[B] ABHISHEK DIXIT	260	FZD	16-12-2005	103.150	110	120	120	120	4	146	155	160	160	3	280	3
	294	[A] ANKUSH KUMAR	300	BGP	03-07-2001	105.000	132	136	136	132	2	160	168	168	--		--	
	466	[B] ARJUN	280	MZN	14-12-2002	103.380	115	118	120	118	5	145	145	145	--		--	
	153	[B] DEV PANDIT	250	GZB	01.01.2004	99.720	110	113	113	110	6	140	140	140	--		--	
	412	[B] HIMANSHU UPDHAYAY	260	ETAH	31-10-2003	103.920	110	110	111	--		--	--	--	--		--	
	260	[B] BUNTY CHAUDHARY	280	GZB	25.12.2001	98.860	125	125	125	--		--	--	-	--		--	

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026



RESULT SENIOR MEN +110 kg

Competition : 14.01.2026 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	180	[A] HIMANSHU KUMAR CHANG	310	BIJ	15-01-1992	169.410	130	130	130	130	2	170	--	--	170	1	300	1
2	299	[A] UJJAWAL	280	MRT	24-07-2001	110.620	120	122	124	122	3	150	158	--	150	2	272	2
3	197	[A] SOGAT KUMAR	280	BIJ	13-05-2007	110.350	115	120	124	120	4	145	155	155	145	3	265	3
4	377	[B] AMOGH HARISH SHARMA	214	GBN	05-01-2008	110.250	97	97	101	97	5	118	118	135	118	4	215	4
	405	[A] VIVEK KUMAR	300	SRE	15-05-1999	139.170	135	141	145	141	1	166	167	167	--		--	

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 48 kg

Competition : 09.01.2026 10:30

Weigh in : 8:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	191	[A] MANSI CHAMUNDA - BDU	165	U.P.	04.01.2007	47.820	71	74	77	77	1	87	90	93	90	1	167	1
2	44	[A] BANITA NAIK	140	ORS	9.9.2008	47.120	57	60	63	60	2	75	78	78	78	3	138	2
3	404	[A] SANTOSHI KUMARI	140	BDU	14-06-2001	47.750	55	60	60	55	4	75	78	80	78	2	133	3
4	7	[A] NEHA SINGH CHAUHAN	120	LKO	16-07-2006	47.200	57	60	60	57	3	70	73	73	70	5	127	4
5	429	[B] SHIVANI	95	FBD	05-12-2004	46.200	50	52	54	54	5	66	70	72	72	4	126	5
6	68	[A] DEEKSHA SINGH	118	LKO	21-07-2005	47.420	50	54	54	54	6	66	67	76	67	7	121	6
7	136	[A] TEJASWINI GEHLOT	115	RAJ	08.08.2008	43.180	50	53	53	50	7	64	67	69	69	6	119	7
8	383	[B] KAJAL YADAV	115	AZM	07-08-2003	46.970	48	48	48	48	8	63	66	68	63	8	111	8
9	320	[B] NAJMEENA MAJEED	92	J.K.	12.01.2001	45.970	35	38	38	38	9	47	51	53	53	9	91	9

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 53 kg

Competition : 09.01.2026 18:00

Weigh in : 16:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	465	[A] VIDHYA SHARMA	171	GUJ	20.01.2005	52.650	72	72	75	72	1	90	94	94	94	1	166	1
2	3	[A] KM. GUDIYA - FZD	164	U.P.	14.10.2001	52.010	70	70	73	70	3	88	91	91	88	2	158	2
3	396	[A] PIPI YANGFO	153	ARN	18.10.2006	52.980	67	67	71	71	2	86	91	92	86	3	157	3
4	216	[B] ANUSHKA	120	FBD	02-07-2002	51.760	55	55	59	59	4	72	76	80	80	4	139	4
5	477	[B] RADHIKA SINGH	115	MRT	01-01-2009	51.940	52	55	58	58	6	68	68	72	72	5	130	5
6	1	[B] SANIYA	126	HRN	24.04.2006	51.960	54	54	58	58	5	65	70	72	70	6	128	6
7	374	[B] VANSHIKA YADAV	115	BDU	19-08-2008	51.720	49	52	54	54	7	65	68	69	69	8	123	7
8	346	[B] BHARTI .	121	DEL	04.04.2002	51.240	52	56	56	52	8	68	68	71	68	9	120	8
9	273	[B] PRIYANSHI DEVI	115	SJP	07-07-2007	50.850	50	53	53	50	9	65	69	71	69	7	119	9
	151	[B] SWEETY YADAV	115	VNS	19-10-2004	52.650	51	51	51	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 58 kg

Competition : 10.01.2026 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	335	[A] AISANGFA GOGOI	192	ASM	16.12.2007	55.700	78	81	81	81	1	98	102	106	106	1	187	1
2	233	[A] ANANYA VIJAY PATIL	169	MHR	14.01.2001	56.030	75	79	80	80	2	88	95	99	99	2	179	2
3	230	[A] SAGUN RAV- VNS	180	U.P.	24.02.2005	57.740	73	76	78	78	3	93	98	98	98	4	176	3
4	201	[A] ANKITA PRADHAN	167	ORS	15.3.2009	57.030	67	70	73	70	4	90	95	98	98	3	168	4
5	364	[A] NISHIGANDHA SURESH KADOLE	159	MHR	03.02.2010	57.630	67	70	74	70	5	88	93	97	97	5	167	5
6	462	[A] NATASHA NEGI	149	H.P.	20.02.1998	57.870	64	67	69	67	6	80	84	84	80	7	147	6
7	274	[B] SHIVANI RANI	144	HPR	01.01.2003	57.590	58	61	65	61	7	75	80	85	80	6	141	7
8	181	[B] SUNITA VERMA	123	LKO	26-06-2009	53.880	53	57	60	57	9	72	74	76	76	8	133	8
9	53	[B] SHALINI	123	UPP	01-01-2004	53.690	53	56	59	56	10	70	73	75	73	9	129	9
	236	[B] MAHAK	123	BDU	06-06-2002	58.000	55	58	58	58	8	70	70	70	--		--	
	64	[A] DEEKSHA YADAV- VNS	161	U.P.	10.07.2005	56.590	69	69	69	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 63 kg

Competition : 10.01.2026 15:30

Weigh in : 13:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	234	[A] SONAM SINGH- VNS	190	U.P.	18.12.2004	60.350	78	81	81	78	2	96	100	104	104	1	182	1
2	195	[A] SONALI YADU	182	C.G.	19.09.2002	59.550	76	76	76	76	3	99	99	103	99	2	175	2
3	267	[A] LUNA SONOWAL	180	ASM	14.9.2009	62.500	72	76	79	79	1	94	94	94	94	3	173	3
4	418	[A] ROMALI PRADHAN	156	ORS	11.3.2008	61.600	63	67	70	70	6	83	88	88	88	4	158	4
5	250	[B] SEEMA SIKARAWAR	136	AGR	03.09.2002	59.910	65	70	75	70	5	83	83	87	87	5	157	5
6	15	[A] KAJAL RAJPUT	160	KNP	06-03-2005	62.750	67	69	72	72	4	82	86	86	82	8	154	6
7	71	[A] ADITI KAKKAR	150	DEL	26.11.1998	62.250	64	68	69	69	7	82	85	87	85	6	154	7
8	478	[B] PRITI	130	SRE	05-03-1993	62.540	60	64	67	64	8	78	83	83	78	9	142	8
9	122	[B] KAMINEE	140	PYJ	23-03-2002	59.120	60	60	64	60	9	78	81	82	82	7	142	9
	93	[B] SHEFALI KUMARI	135	BRL	23-11-2003	62.550	58	62	62	58	10	76	76	76	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 69 kg

Competition : 11.01.2026 09:00

Weigh in : 7:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	58	[A] TAMANNA	179	HRN	13.10.2007	69.000	81	--	--	81	1	94	--	--	94	2	175	1
2	350	[A] SALONI SINGH	180	UPP	25-10-2001	66.790	75	75	80	75	2	85	90	94	94	3	169	2
3	311	[A] GEETANJALI YADAV	160	CHL	16-12-2006	68.130	70	73	73	70	4	85	90	93	90	4	160	3
4	348	[A] RIMJHIM NAYAK	158	ORS	1.11.2007	68.550	65	65	65	65	6	90	95	95	95	1	160	4
5	2	[A] PUNAM KAKADE	160	MHR	18.07.2008	68.450	68	72	72	72	3	86	89	89	86	5	158	5
6	109	[B] GOLDI	145	MZN	19-06-2005	63.160	63	63	66	66	5	80	82	83	80	6	146	6
7	378	[B] AIEI BANITY LYNGDOH NONGLAIT	120	MGH	8.6.1997	63.990	50	53	55	53	7	63	68	71	68	7	121	7
	343	[A] SRISHTI YADAV	170	VNS	06-06-2005	65.280	70	70	70	--		--	--	--	--		--	
	223	[B] SUPRIYA	150	FZD	04-07-2000	68.090	63	63	63	--		--	--	--	--		--	

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 77 kg

Competition : 11.01.2026 13:00

Weigh in : 11:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	190	[A] SANJANA	214	NCOE	18.01.2007	69.370	87	91	94	91	1	115	--	--	115	1	206	1
2	382	[A] POOJA YADAV	200	VNS	15-07-1996	75.660	82	86	90	90	2	101	108	--	108	2	198	2
3	82	[A] KOMAL BHATI	166	NCOE	30.07.2008	74.980	74	77	79	79	3	84	88	91	91	4	170	3
4	238	[A] SANA	160	KNP	16-08-1999	75.430	68	72	77	77	4	88	92	98	92	3	169	4
5	329	[A] SAMPA SETH	178	W.B.	10.4.1997	69.270	70	70	74	70	5	88	88	92	88	5	158	5
6	247	[B] JANAKNANDANI	133	BHR	8.5.2009	74.870	53	53	57	57	6	70	75	80	80	6	137	6
	29	[A] SHIKHA KIRAN BAYAN	173	ASM	14.7.1998	74.980	75	75	75	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN 86 kg

Competition : 11.01.2026 16:30

Weigh in : 14:30

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	289	[A] KM. KARTIGYA	200	SRE	13-09-1999	81.570	88	92	92	92	1	107	111	113	111	2	203	1
2	220	[A] KALPANA YADAV	200	LKO	10-07-2002	83.650	87	90	91	87	2	108	112	117	112	1	199	2
3	30	[A] MAUSUMI DAS	159	ORS	12.8.2009	81.480	65	70	74	70	3	85	90	94	94	3	164	3
4	268	[A] JIVAN LATA	160	PUN	15.01.2000	85.300	62	65	--	65	4	80	80	--	80	5	145	4
5	360	[A] KOMAL DEVRAPALLI	146	GUJ	10.06.2005	77.080	58	61	63	58	5	80	85	88	85	4	143	5
6	101	[A] RAJESHWARI	75	UKD	01.07.1996	82.650	35	40	43	35	6	43	45	53	45	6	80	6
	316	[A] MOUSUMI BAISHYA	138	ASM	28.11.2006	77.850	55	55	55	--		--	--	--	--		--	
	235	[A] GARGI SARMA	150	ASM	24.6.2000	83.690	65	65	65	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

RESULT SENIOR WOMEN +86 kg

Competition : 12.01.2026 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	48	[A] MARTINA DEVI MAIBAM	234	U.P.	21.03.2006	110.040	100	104	107	107	1	127	133	137	137	1	244	1
2	480	[A] PURNIMA PANDEY	190	VNS	16-10-1997	113.750	90	95	95	95	2	110	115	--	115	2	210	2
3	270	[A] ADITI	200	SRE	07-05-2007	94.250	85	86	92	92	3	102	110	116	110	4	202	3
4	403	[A] NIVETHA T	194	KRN	27.02.1997	102.050	76	81	85	81	4	103	110	115	115	3	196	4
5	184	[A] IRAM IRSHAD KHATRI	126	GOA	03.12.2002	93.750	53	55	56	56	5	73	80	83	80	5	136	5
6	388	[A] RHYTHM SHARMA	118	PUN	01.07.2007	91.240	52	55	55	55	6	63	67	70	70	6	125	6
	449	[A] SANDHYA RAI	170	VNS	05-10-2005	86.100	73	73	73	--		--	--	--	--		--	

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 09.01.2026 09:00

WOMEN 44 kg B

Weigh in : 7:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
44 kg B																		
1	33	PUJA	62	FZD	06-06-2011	41.000	25	30	33	30		34	34	37	34		64	
2	88	TANIYA	59	MBD	19-05-2009	40.450	27	29	29	29		34	34	34	--		--	
3	98	NEETU YADAV	78	AZM	04-04-2011	41.550	28	30	33	30		35	38	41	38		68	
4	132	AVANTIKA	70	FBD	17-12-2011	43.160	34	37	40	40		48	51	51	48		88	
5	192	ARUNDATI ATUL RAJE	80	LKO	12-03-2010	43.900	35	35	35	35		40	44	44	44		79	
6	272	PRIYA KASHYAP	100	BGP	25-05-2012	43.020	45	48	50	50		57	60	60	57		107	
7	277	ISHIKA YADAV	70	AZM	28-11-2011	41.800	28	28	28	28		35	38	38	35		63	
8	285	PRIYANKA VERMA	95	ALI	08-11-2011	43.490	43	43	45	43		53	53	56	53		96	
9	367	SHIVANI LODHI	90	PLB	08-08-2010	42.790	40	40	43	40		50	50	50	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Chhitranjan Swain [ORS]
Left - Narendra Kaur [RAJ]
Right - P. Kyathi [TEL]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 09.01.2026 10:30

WOMEN 44 kg A

Weigh in : 8:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
44 kg A																		
1	136	TEJASWINI GEHLOT	115	RAJ	08.08.2008	43.180	50	53	53	50		64	67	69	69		119	
2	313	GAURAVI RAVI DESSAI	101	GOA	02.07.2009	43.890	40	45	45	45		55	60	62	60		105	
3	391	PARISHMITA GOGOI	127	ASM	29.3.2010	43.650	57	61	63	61		67	71	71	71		132	
4	435	HIMANSHI	113	NCOE	3.10.2009	43.280	47	49	51	49		64	67	67	67		116	
5	473	KHUSHBOO	111	NCOE	27.01.2009	43.440	48	48	48	--		--	--	--	--		--	
6	494	SIDDHI	125	GZB	20-12-2012	44.000	51	51	53	51		63	66	68	66		117	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Yashpal Singh [U.P.]
Left - Shipra Soni [BHR]
Right - Amandeep Kaur [CHD]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 09.01.2026 12:00

WOMEN 48 kg B

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
48 kg B																		
1	11	PALAK PATEL	111	M.P.	27.12.2010	46.530	47	50	50	50		57	61	63	63		113	
2	69	CHANCHAL	90	AZM	07-07-2005	44.590	38	40	40	38		50	50	50	--		--	
3	119	VANSHIKA	66	BGP	01-08-2010	44.820	30	33	33	33		38	42	42	42		75	
4	159	TANNU	88	AGR	12.09.2007	44.660	38	38	38	38		50	54	54	50		88	
5	165	KAJAL	80	LKO	14-07-2008	47.190	30	33	36	33		38	40	40	38		71	
6	166	ISHIKA	90	GBN	13-03-2010	46.550	35	39	44	39		45	51	51	45		84	
7	205	KAMINI	90	ALI	12-06-2009	45.030	38	38	38	--		--	--	--	--		--	
8	228	ROSHNI	110	BDU	01-01-2005	42.680	50	53	55	53		60	63	65	63		116	
9	298	SANJANA	110	FBD	09-07-2006	45.580	52	52	54	54		70	73	75	75		129	
10	315	SANDHYA	110	MAT	22-05-2011	47.490	43	43	45	43		52	56	56	52		95	
11	320	NAJMEENA MAJEED	92	J.K.	12.01.2001	45.970	35	38	38	38		47	51	53	53		91	
12	383	KAJAL YADAV	115	AZM	07-08-2003	46.970	48	48	48	48		63	66	68	63		111	
13	428	SANDHYA YADAV	97	GZP	03-12-2006	45.550	40	43	46	46		52	56	59	59		105	
14	429	SHIVANI	95	FBD	05-12-2004	46.200	50	52	54	54		66	70	72	72		126	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - R. Kavitha [TND]
Left - Dhram Pal [H.P.]
Right - Monika [PUN]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 09.01.2026 14:00

WOMEN 48 kg A

Weigh in : 12:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
48 kg A																		
1	7	NEHA SINGH CHAUHAN	120	LKO	16-07-2006	47.200	57	60	60	57		70	73	73	70		127	
2	44	BANITA NAIK	140	ORS	9.9.2008	47.120	57	60	63	60		75	78	78	78		138	
3	68	DEEKSHA SINGH	118	LKO	21-07-2005	47.420	50	54	54	54		66	67	76	67		121	
4	125	BANDANA BHARALI	131	U.P.	31.10.2012	47.530	58	58	60	58		74	79	81	74		132	
5	126	RIYAMONI BOROO	129	ASM	2.9.2005	47.400	56	59	--	59		70	72	74	74		133	
6	140	ROLI VERMA - SJP - S	122	NCOE	07.07.2008	47.540	52	52	55	55		63	63	65	65		120	
7	191	MANSI CHAMUNDA - BDU	165	U.P.	04.01.2007	47.820	71	74	77	77		87	90	93	90		167	
8	286	CHAVAN HARSHINI	133	MHR	26.11.2010	47.690	58	62	64	62		77	80	82	80		142	
9	404	SANTOSHI KUMARI	140	BDU	14-06-2001	47.750	55	60	60	55		75	78	80	78		133	
10	492	KUMKUM	127	GZB	15-04-2010	47.450	52	52	56	56		65	70	75	70		126	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - P. Kyathi [TEL]
Left - Chhitranjan Swain [ORS]
Right - Narender Kaur [RAJ]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 09.01.2026 16:00

WOMEN 53 kg C

Weigh in : 14:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
53 kg C																		
1	20	CHAHAT MAURYA	77	LKO	17-09-2011	51.530	32	34	34	34		42	42	42	--		--	
2	84	DEEPALI RANI	113	MZN	01-11-2006	51.530	45	48	51	45		60	60	60	--		--	
3	147	KRISHNA KUMARI	100	FZD	26-11-2008	52.890	37	37	40	37		43	43	43	43		80	
4	222	UTKARSTHA SAINI	110	ALI	18-01-2008	50.200	40	47	51	47		50	56	56	56		103	
5	249	SALINI	75	PLB	10-06-2010	48.410	35	35	40	40		45	50	50	45		85	
6	281	SANIKA CHANDEL	105	C.G.	25.1.2011	50.340	43	46	51	46		52	56	59	59		105	
7	410	SUHANNA KHAN	93	GUJ	03.11.2010	48.950	40	40	40	--		--	--	--	--		--	
8	411	KASAK RANI	80	MBD	06-12-2008	51.440	48	48	51	48		61	61	61	--		--	
9	426	UNNATI RAJPUT	90	AGR	17.02.2010	52.680	33	38	42	42		45	50	56	50		92	
10	450	ARUSHI KUMARI	97	BHR	3.10.2012	50.730	40	43	43	43		53	57	61	57		100	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Amandeep Kaur [CHD]
Left - Yashpal Singh [U.P.]
Right - Shipra Soni [BHR]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 09.01.2026 18:00

WOMEN 53 kg B

Weigh in : 16:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
53 kg B																		
1	1	SANIYA	126	HRN	24.04.2006	51.960	54	54	58	58		65	70	72	70		128	
2	151	SWEETY YADAV	115	VNS	19-10-2004	52.650	51	51	51	--		--	--	--	--		--	
3	213	SUSHAMA YADAV	115	AZM	01-01-2008	49.690	45	50	50	45		60	60	65	60		105	
4	216	ANUSHKA	120	FBD	02-07-2002	51.760	55	55	59	59		72	76	80	80		139	
5	273	PRIYANSHI DEVI	115	SJP	07-07-2007	50.850	50	53	53	50		65	69	71	69		119	
6	295	SHIVANI SHARMA	121	NCOE	18.12.2009	48.990	54	54	59	54		70	73	76	76		130	
7	336	DEEPANA S.R.	122	TND	15.6.2009	53.000	52	52	55	52		68	69	71	69		121	
8	346	BHARTI .	121	DEL	04.04.2002	51.240	52	56	56	52		68	68	71	68		120	
9	369	POONAM PATEL	128	M.P.	06.10.2008	52.000	52	55	58	58		68	71	71	71		129	
10	374	VANSHIKA YADAV	115	BDU	19-08-2008	51.720	49	52	54	54		65	68	69	69		123	
11	477	RADHIKA SINGH	115	MRT	01-01-2009	51.940	52	55	58	58		68	68	72	72		130	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Monika [PUN]
Left - R. Kavitha [TND]
Right - Dhram Pal [H.P.]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 10.01.2026 10:00

WOMEN 53 kg A

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
53 kg A																		
1	3	KM. GUDIYA - FZD	164	U.P.	14.10.2001	52.010	70	70	73	70		88	91	91	88		158	
2	211	NISHA - MZN	135	NCOE	01.01.2011	49.880	55	59	62	62		68	72	78	78		140	
3	396	PIPI YANGFO	153	ARN	18.10.2006	52.980	67	67	71	71		86	91	92	86		157	
4	465	VIDHYA SHARMA	171	GUJ	20.01.2005	52.650	72	72	75	72		90	94	94	94		166	
5	493	CHUMMI RUGHU	140	GZB	13-08-2010	51.430	52	55	58	58		75	80	83	75		133	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Narender Kaur [RAJ]
Left - P. Kyathi [TEL]
Right - Chhitranjan Swain [ORS]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 10.01.2026 11:30

WOMEN 58 kg B

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
58 kg B																		
1	10	RUBY KUMARI	137	BIJ	08-08-2006	57.850	60	60	64	64		80	83	83	83		147	
2	19	SALONI	115	FZD	20-10-2007	56.850	48	50	50	50		68	68	68	--		--	
3	52	JASMEEN KAUR	96	PUN	30.07.2007	57.750	40	40	43	43		55	58	60	58		101	
4	53	SHALINI	123	UPP	01-01-2004	53.690	53	56	59	56		70	73	75	73		129	
5	181	SUNITA VERMA	123	LKO	26-06-2009	53.880	53	57	60	57		72	74	76	76		133	
6	185	HARSHITA YADAV	100	AZM	12-09-2011	56.200	40	45	45	40		50	53	53	50		90	
7	236	MAHAK	123	BDU	06-06-2002	58.000	55	58	58	58		70	70	70	--		--	
8	274	SHIVANI RANI	144	HPR	01.01.2003	57.590	58	61	65	61		75	80	85	80		141	
9	276	SANGEETA	115	MZP	06-05-2007	56.490	48	51	54	54		68	71	73	71		125	
10	312	KHOOSHBU GAUD	108	AZM	03-02-2006	57.580	48	48	48	--		--	--	--	--		--	
11	325	PRACHI VIJAY	138	U.P.	29.09.2010	57.750	60	63	65	65		75	79	82	82		147	
12	384	PRIYANSHI VASHISTHA	137	GBN	13-06-2008	57.450	57	61	62	57		68	71	72	68		125	
13	385	SAPNA YADAV	135	CHL	10-10-2010	55.030	55	58	60	58		72	74	76	76		134	
14	433	VAANYA RAO	131	C.G.	24.10.2009	57.000	60	64	66	64		68	72	75	75		139	
15	441	TANYA	100	FZD	10-08-2009	54.690	38	38	40	38		50	55	-	50		88	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Shipra Soni [BHR]
Left - Amandeep Kaur [CHD]
Right - Yashpal Singh [U.P.]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 10.01.2026 13:30

WOMEN 58 kg A

Weigh in : 11:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
58 kg A																		
1	64	DEEKSHA YADAV- VNS	161	U.P.	10.07.2005	56.590	69	69	69	--		--	--	--	--		--	
2	201	ANKITA PRADHAN	167	ORS	15.3.2009	57.030	67	70	73	70		90	95	98	98		168	
3	230	SAGUN RAV- VNS	180	U.P.	24.02.2005	57.740	73	76	78	78		93	98	98	98		176	
4	233	ANANYA VIJAY PATIL	169	MHR	14.01.2001	56.030	75	79	80	80		88	95	99	99		179	
5	306	MINA SANTA	156	ORS	27.3.2008	54.060	65	65	65	--		--	--	--	--		--	
6	335	AISANGFA GOGOI	192	ASM	16.12.2007	55.700	78	81	81	81		98	102	106	106		187	
7	364	NISHIGANDHA SURESH KADOLE	159	MHR	03.02.2010	57.630	67	70	74	70		88	93	97	97		167	
8	462	NATASHA NEGI	149	H.P.	20.02.1998	57.870	64	67	69	67		80	84	84	80		147	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Dhram Pal [H.P.]
Left - Monika [PUN]
Right - R. Kavitha [TND]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 10.01.2026 15:30

WOMEN 63 kg B

Weigh in : 13:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
63 kg B																		
1	93	SHEFALI KUMARI	135	BRL	23-11-2003	62.550	58	62	62	58		76	76	76	--		--	
2	117	B.GEETHA RANI	129	A.P.	10.9.2011	60.240	50	54	57	54		65	70	70	65		119	
3	122	KAMINEE	140	PYJ	23-03-2002	59.120	60	60	64	60		78	81	82	82		142	
4	225	DIMPL KUMARI	120	ALI	20-04-2008	61.300	55	55	55	--		--	--	--	--		--	
5	239	MAHIMA BHATI	119	BGP	10-02-2009	61.080	45	49	52	52		65	70	70	70		122	
6	250	SEEMA SIKARAWAR	136	AGR	03.09.2002	59.910	65	70	75	70		83	83	87	87		157	
7	293	KANAK	122	DEL	07.09.2009	62.110	53	56	56	53		69	72	74	74		127	
8	301	BABLI	95	FBD	05-03-2008	62.000	48	51	54	51		60	65	65	60		111	
9	323	TANISHA ASNANI	128	M.P.	28.10.2011	62.820	55	59	62	62		70	70	73	70		132	
10	368	PRITU SAHU	130	C.G.	08.07.2008	58.410	55	58	60	58		65	68	70	68		126	
11	373	PANCHANA BORAH	139	NCOE	14.08.2011	62.340	65	68	68	68		80	84	84	84		152	
12	478	PRITI	130	SRE	05-03-1993	62.540	60	64	67	64		78	83	83	78		142	
13	482	MEGHNA BOHRA	139	DEL	10.08.2007	62.210	60	60	65	60		77	80	82	80		140	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Chhitranjan Swain [ORS]
Left - Narendra Kaur [RAJ]
Right - P. Kyathi [TEL]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 10.01.2026 17:30

WOMEN 63 kg A

Weigh in : 15:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
63 kg A																		
1	15	KAJAL RAJPUT	160	KNP	06-03-2005	62.750	67	69	72	72		82	86	86	82		154	
2	40	ALISHA BEHERA	156	ORS	11.7.2008	58.200	66	69	72	69		85	89	91	91		160	
3	71	ADITI KAKKAR	150	DEL	26.11.1998	62.250	64	68	69	69		82	85	87	85		154	
4	94	ISHANYA SACHIN RAUT	159	MHR	08.01.2008	62.130	70	73	73	70		85	89	91	91		161	
5	95	LUKESHWARI SAHU	158	C.G.	23.11.2007	61.290	66	69	71	69		80	83	84	80		149	
6	189	KHUSHBOO YADAV	160	GZP	27-07-2005	62.530	64	68	68	64		85	85	91	85		149	
7	195	SONALI YADU	182	C.G.	19.09.2002	59.550	76	76	76	76		99	99	103	99		175	
8	234	SONAM SINGH- VNS	190	U.P.	18.12.2004	60.350	78	81	81	78		96	100	104	104		182	
9	267	LUNA SONOWAL	180	ASM	14.9.2009	62.500	72	76	79	79		94	94	94	94		173	
10	418	ROMALI PRADHAN	156	ORS	11.3.2008	61.600	63	67	70	70		83	88	88	88		158	
11	423	SWETALINA MOHANTY	161	ORS	23.8.2010	59.550	70	75	79	75		90	96	99	99		174	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Yashpal Singh [U.P.]
Left - Shipra Soni [BHR]
Right - Amandeep Kaur [CHD]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
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Secretary

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 11.01.2026 09:00

WOMEN 69 kg B

Weigh in : 7:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
69 kg B																		
1	66	VARSHA VAISHNAV	123	DEL	20.04.2008	67.030	53	53	56	56		67	67	70	67		123	
2	79	M. SATYAVATHI	143	A.P.	28.08.2010	65.980	61	64	64	61		72	77	77	72		133	
3	90	TINA ROUT	151	ORS	31.10.2008	63.190	56	60	63	60		75	83	83	83		143	
4	109	GOLDI	145	MZN	19-06-2005	63.160	63	63	66	66		80	82	83	80		146	
5	203	SHEETAL RAJPUT	148	M.P.	01.01.2006	63.300	60	64	64	60		76	80	80	76		136	
6	223	SUPRIYA	150	FZD	04-07-2000	68.090	63	63	63	--		--	--	--	--		--	
7	308	IZMA FATIMA	105	BDU	09-09-2009	67.710	45	48	48	45		60	60	60	--		--	
8	333	AARTI	153	HRN	23.07.2009	64.480	68	68	71	71		85	88	90	90		161	
9	365	LACKY SHARMA	134	RAJ	10.06.2008	68.240	58	63	63	58		71	71	72	--		--	
10	378	AIEI BANITY LYNGDOH NONGLAIT	120	MGH	8.6.1997	63.990	50	53	55	53		63	68	71	68		121	
11	400	NAIRA MUTHU	82	GUJ	16.01.2009	63.600	33	36	38	36		42	46	46	42		78	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - R. Kavitha [TND]
Left - Dhram Pal [H.P.]
Right - Monika [PUN]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 11.01.2026 11:00

WOMEN 69 kg A

Weigh in : 9:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
69 kg A																		
1	2	PUNAM KAKADE	160	MHR	18.07.2008	68.450	68	72	72	72		86	89	89	86		158	
2	8	KHUMANTHEM ELIZAH CHANU	168	MNP	4.1.2006	68.130	72	75	75	75		89	92	92	92		167	
3	58	TAMANNA	179	HRN	13.10.2007	69.000	81	--	--	81		94	--	--	94		175	
4	212	MUDRA VINAYAK APHALE	162	MHR	20.02.2008	68.450	71	71	71	71		88	88	91	88		159	
5	311	GEETANJALI YADAV	160	CHL	16-12-2006	68.130	70	73	73	70		85	90	93	90		160	
6	343	SRISHTI YADAV	170	VNS	06-06-2005	65.280	70	70	70	--		--	--	--	--		--	
7	348	RIMJHIM NAYAK	158	ORS	1.11.2007	68.550	65	65	65	65		90	95	95	95		160	
8	350	SALONI SINGH	180	UPP	25-10-2001	66.790	75	75	80	75		85	90	94	94		169	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - P. Kyathi [TEL]
Left - Chhitranjan Swain [ORS]
Right - Narender Kaur [RAJ]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 11.01.2026 13:00

WOMEN 77 kg B

Weigh in : 11:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
77 kg B																		
1	161	NEETU KUMARI	110	CHL	20-02-2009	72.720	50	50	55	50		63	65	70	65		115	
2	247	JANAKNANDANI	133	BHR	8.5.2009	74.870	53	53	57	57		70	75	80	80		137	
3	342	PRATIVARANI PATRA	154	ORS	10.11.2009	72.310	65	65	65	65		83	87	90	87		152	
4	409	RUCHI CHAURASIYA	110	LKO	16-09-2008	70.240	47	47	47	47		63	63	63	--		--	
5	417	TANUSHKA CHOUHAN	153	RAJ	13.05.2007	76.470	71	74	74	71		80	84	84	80		151	
6	446	DIVYANSHI	121	RAJ	06.06.2010	74.510	50	50	55	50		60	65	65	65		115	
7	463	PARI BELDAR	145	M.P.	16.12.2009	74.600	63	66	66	66		83	87	87	83		149	
8	469	KAVITA SINGH	149	AGR	01.12.2007	74.650	64	64	64	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Amandeep Kaur [CHD]
Left - Yashpal Singh [U.P.]
Right - Shipra Soni [BHR]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 11.01.2026 15:00

WOMEN 77 kg A

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
77 kg A																		
1	29	SHIKHA KIRAN BAYAN	173	ASM	14.7.1998	74.980	75	75	75	--		--	--	--	--	--		
2	82	KOMAL BHATI	166	NCOE	30.07.2008	74.980	74	77	79	79		84	88	91	91		170	
3	135	JYOTI YADAV	170	VNS	31-12-2005	71.310	69	69	69	69		85	87	87	--		--	
4	190	SANJANA	214	NCOE	18.01.2007	69.370	87	91	94	91		115	--	--	115		206	
5	214	PALAK PATEL	120	BDU	01-01-2008	69.480	50	53	55	55		63	63	63	--		--	
6	238	SANA	160	KNP	16-08-1999	75.430	68	72	77	77		88	92	98	92		169	
7	327	KAVIYA E.	160	TND	9.1.2009	75.870	68	68	68	68		84	88	94	88		156	
8	329	SAMPA SETH	178	W.B.	10.4.1997	69.270	70	70	74	70		88	88	92	88		158	
9	382	POOJA YADAV	200	VNS	15-07-1996	75.660	82	86	90	90		101	108	--	108		198	
10	416	KIRTI SOLANKI	159	DEL	30.09.2006	74.710	68	70	72	70		77	81	86	81		151	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Monika [PUN]
Left - R. Kavitha [TND]
Right - Dhram Pal [H.P.]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
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Secretary

1. Mukesh Kumar [BHR]
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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 11.01.2026 16:30

WOMEN 86 kg A

Weigh in : 14:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
86 kg A																		
1	101	RAJESHWARI	75	UKD	01.07.1996	82.650	35	40	43	35		43	45	53	45		80	
2	106	TANIA SHARMA	96	U.P.	31.07.2006	81.200	45	49	51	51		50	55	55	55		106	
3	220	KALPANA YADAV	200	LKO	10-07-2002	83.650	87	90	91	87		108	112	117	112		199	
4	227	KHUSHBOO	122	DEL	07.08.2009	78.650	52	56	64	56		65	68	68	68		124	
5	235	GARGI SARMA	150	ASM	24.6.2000	83.690	65	65	65	--		--	--	--	--		--	
6	268	JIVAN LATA	160	PUN	15.01.2000	85.300	62	65	--	65		80	80	--	80		145	
7	289	KM. KARTIGYA	200	SRE	13-09-1999	81.570	88	92	92	92		107	111	113	111		203	
8	316	MOUSUMI BAISHYA	138	ASM	28.11.2006	77.850	55	55	55	--		--	--	--	--		--	
9	360	KOMAL DEVRAPALLI	146	GUJ	10.06.2005	77.080	58	61	63	58		80	85	88	85		143	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Narender Kaur [RAJ]
Left - P. Kyathi [TEL]
Right - Chhitranjan Swain [ORS]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
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3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 12.01.2026 10:00

WOMEN +86 kg A

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
+86 kg A																		
1	48	MARTINA DEVI MAIBAM	234	U.P.	21.03.2006	110.04 0	100	104	107	107		127	133	137	137		244	
2	113	RAJNANDANI SINGH	168	LKO	25-03-2007	89.170	69	73	78	73		88	93	97	97		170	
3	184	IRAM IRSHAD KHATRI	126	GOA	03.12.2002	93.750	53	55	56	56		73	80	83	80		136	
4	270	ADITI	200	SRE	07-05-2007	94.250	85	86	92	92		102	110	116	110		202	
5	388	RHYTHM SHARMA	118	PUN	01.07.2007	91.240	52	55	55	55		63	67	70	70		125	
6	403	NIVETHA T	194	KRN	27.02.1997	102.05 0	76	81	85	81		103	110	115	115		196	
7	449	SANDHYA RAI	170	VNS	05-10-2005	86.100	73	73	73	--		--	--	--	--		--	
8	480	PURNIMA PANDEY	190	VNS	16-10-1997	113.75 0	90	95	95	95		110	115	--	115		210	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Shipra Soni [BHR]
Left - Amandeep Kaur [CHD]
Right - Yashpal Singh [U.P.]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 12.01.2026 12:00

WOMEN +77 kg A

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
+77 kg A																		
1	30	MAUSUMI DAS	159	ORS	12.8.2009	81.480	65	70	74	70		85	90	94	94		164	
2	129	TANISHKA KANOJIA	135	LKO	06-12-2008	84.040	53	57	61	61		70	76	82	76		137	
3	148	PAVANI J R	138	KRN	18.10.2010	77.120	55	55	60	60		75	80	85	80		140	
4	163	GAYATRI KUMAWAT	127	RAJ	24.08.2009	82.620	55	55	55	55		65	70	74	70		125	
5	243	PARAKRITI RAO- CHL	104	U.P.	16.09.2009	77.730	45	50	53	53		61	64	69	64		117	
6	305	SUKHPREET KAUR	95	PUN	24.06.2011	81.150	40	46	49	46		55	59	59	55		101	
7	408	HIRALKUMARI PATEL	114	GUJ	21.10.2008	78.070	46	46	49	49		61	61	65	61		110	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Dhram Pal [H.P.]
Left - Monika [PUN]
Right - R. Kavitha [TND]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 12.01.2026 14:00

MEN 56 kg A

Weigh in : 12:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
56 kg A																		
1	12	DEEPANSHU	150	MZN	08-06-2010	52.835	75	78	81	81		88	88	91	91		172	
2	28	TEJAS SHARMA	110	KNP	27-09-2009	53.450	51	51	53	53		65	70	71	65		118	
3	49	VIKASH MOURYA	110	PLB	01-01-2010	53.650	50	53	53	50		60	60	60	60		110	
4	74	VIPUL RAI	180	VNS	13-12-2011	54.870	80	85	85	80		100	105	110	105		185	
5	80	ANSH YADAV	145	CHL	03-08-2011	52.710	63	63	66	63		83	86	86	83		146	
6	81	HIMANSHU SINGH	105	ALI	31-03-2010	53.750	45	51	57	51		60	67	69	60		111	
7	107	NIKIT KUMAR	170	LKO	25-02-2008	55.370	70	70	73	73		92	96	96	92		165	
8	108	RAVENDRA	180	PYJ	01-01-2010	55.350	72	75	75	75		92	96	98	92		167	
9	138	PIYUSH YADAV	108	LKO	03-02-2012	52.130	45	48	51	51		61	63	65	63		114	
10	171	ABHINAV SINGH	153	BGP	20-12-2012	54.850	63	63	67	67		80	85	89	89		156	
11	226	NAGESHWAR KUMAR	165	PLB	01-01-2009	54.800	70	71	71	71		92	95	97	95		166	
12	257	VISHNU	115	FBD	01-01-2009	50.660	67	70	72	70		80	83	87	83		153	
13	258	ANIKET	125	HPR	01.01.2010	54.250	58	63	66	66		68	74	78	74		140	
14	380	GAURAV	105	SJP	06-08-2008	42.030	45	45	45	--		--	--	--	--		--	
15	399	ARYAN VERMA	145	CHL	17-09-2011	54.970	65	65	70	65		87	87	87	--		--	
16	407	AMIT	122	MAT	01-01-2010	55.620	60	65	70	65		70	75	80	75		140	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Chhittrnanjan Swain [ORS]
Left - Narendra Kaur [RAJ]
Right - P. Kyathi [TEL]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 12.01.2026 16:00

MEN 60 kg B

Weigh in : 14:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
60 kg B																		
1	42	SHIV	140	MBD	06-07-2005	56.020	65	65	67	65		75	75	75	75		140	
2	57	DIVYANSHU	122	SJP	16-09-2009	59.290	54	54	57	57		68	71	74	71		128	
3	143	HIMANSHU CHAUDHARY	170	LKO	06-12-2007	59.870	65	68	71	68		85	88	91	88		156	
4	174	PRIYANSHU	145	MZN	19-06-2010	59.260	68	71	71	71		80	86	86	86		157	
5	183	RIHAN	154	BGP	08-12-2012	59.320	60	65	68	65		78	78	83	83		148	
6	188	BRIJESH KUMAR VISHWAKARMA	170	LKO	15-08-1996	59.940	65	65	65	--		--	--	--	--		--	
7	202	PRIYANSHU	125	MBD	05-03-2008	59.440	55	55	55	--		--	--	--	--		--	
8	204	AASHISH	135	MZN	29-12-2011	59.790	63	66	68	63		80	84	84	80		143	
9	278	PARSIH	145	MRT	27-10-2010	59.850	60	63	63	60		75	78	78	78		138	
10	283	BRIJESH KUMAR	135	BRL	01-01-2008	56.050	60	60	60	60		75	75	77	75		135	
11	304	DEV BHADANA	133	MRT	09-12-2011	58.590	60	62	64	64		75	80	82	80		144	
12	458	SAHIL PATEL	170	VNS	01-01-2007	57.330	75	80	80	75		95	98	103	103		178	
13	496	ARUN YADAV	155	HTS	07-07-2010	59.410	65	70	73	70		75	85	90	90		160	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Yashpal Singh [U.P.]
Left - Shipra Soni [BHR]
Right - Amandeep Kaur [CHD]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 12.01.2026 18:00

MEN 60 kg A

Weigh in : 16:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
60 kg A																		
1	55	ANKIT VERMA	240	HRD	18-06-2004	69.670	93	93	93	--		--	--	--	--	--		
2	61	TUFAIL	180	BGP	15-01-2007	57.810	82	85	85	82		110	116	121	116		198	
3	114	SUNEEL KUMAR	180	SJP	01-01-2006	59.300	80	83	83	83		100	100	100	100		183	
4	146	UMESH	220	FZD	06-10-2004	57.750	92	95	98	95		120	128	128	120		215	
5	194	VEERPAL	230	PLB	07-02-2006	59.000	90	94	97	97		120	120	125	120		217	
6	279	RISHABH PARASHAR	174	BGP	04-08-2008	59.900	86	86	86	86		109	120	127	127		213	
7	300	HIMANSHU MAHESHWARI	250	BRL	12-07-2003	59.260	105	110	115	110		135	140	140	135		245	
8	370	AMAN RAJPUT	200	KNP	22-09-2009	59.500	80	86	86	80		105	110	116	110		190	
9	445	SHUBAM PANWAR	175	MZN	05-07-2011	59.200	70	70	74	74		90	90	94	90		164	
10	460	ADITYA YADAV	180	CHL	04-12-2011	59.530	83	83	83	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - R. Kavitha [TND]
Left - Dhram Pal [H.P.]
Right - Monika [PUN]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 13.01.2026 09:00

MEN 65 kg B

Weigh in : 7:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
65 kg B																		
1	9	TANISHK	140	MZN	20-05-2008	60.725	65	68	68	65		85	85	85	--		--	
2	21	SAURABH KUMAR	185	FZD	01-01-2008	63.745	75	82	86	82		95	100	103	100		182	
3	152	UTKARSH SINGH	140	AZM	19/2/2010	64.095	64	67	72	67		75	86	91	86		153	
4	172	VIVEK RANA	160	PLB	25-05-2007	64.355	70	70	73	70		90	95	95	90		160	
5	215	PRAVEEN SINGH	160	FZD	20-07-2004	63.095	75	75	77	75		98	98	100	98		173	
6	221	VIRAJ SINGH	190	MZP	26-08-2009	64.085	85	88	91	88		101	106	110	110		198	
7	302	ISHANK KUMAR	150	MRT	01-01-2010	63.775	70	70	70	70		87	87	91	87		157	
8	339	AJEET YADAV	170	AZM	19/2/2007	61.385	70	75	79	75		88	94	94	88		163	
9	381	ROHIT KUAMR YADAV	190	UPP	01-01-2002	60.850	75	--	--	--		--	--	--	--		--	
10	444	SAURABH PATEL	130	PYJ	20-04-2009	60.485	63	63	63	--		--	--	--	--		--	
11	461	VIJENDRA	180	ETAH	03-02-2004	64.545	77	77	77	--		--	--	--	--		--	
12	464	RAVI	130	BDU	18-07-2008	62.285	63	63	63	--		--	--	--	--		--	
13	476	LUCKY YADAV	155	CHL	10-10-2011	61.165	68	68	72	72		85	88	88	85		157	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - P. Kyathi [TEL]
Left - Chhitranjan Swain [ORS]
Right - Narender Kaur [RAJ]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 13.01.2026 10:30

MEN 65 kg A

Weigh in : 8:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
65 kg A																		
1	77	GAJENDRA KUMAR	225	GBN	08-03-2003	64.850	100	102	--	100		125	125	136	125		225	
2	175	KULDEEP YADAV	205	CHL	10-11-2012	64.180	93	95	99	95		122	126	128	126		221	
3	246	SHIVAM YADAV	200	KNP	11-07-2009	64.440	92	95	95	92		108	108	111	108		200	
4	256	NAIM	230	BGP	23-02-2008	64.800	91	91	92	--		--	--	--	--		--	
5	288	SAKSHAM TOMAR	220	BIJ	29-07-2009	64.150	97	99	102	99		119	119	126	119		218	
6	328	SUSHIL KUMAR	230	MAT	07-03-2003	64.590	103	103	106	103		126	132	140	132		235	
7	349	MANJEET SINGH RANA	220	HPR	01.01.2007	62.690	97	97	97	97		121	127	127	121		218	
8	379	VIKAS KUMAR	230	ALI	09-04-2009	64.190	99	99	102	99		122	127	127	122		221	
9	387	NISHANT PANGHAL	200	GZB	19.04.2008	63.750	93	93	93	93		120	125	125	120		213	
10	481	DEEP KUMAR	230	HPR	01.01.2006	64.220	96	100	100	96		125	128	133	128		224	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Amandeep Kaur [CHD]
Left - Yashpal Singh [U.P.]
Right - Shipra Soni [BHR]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 13.01.2026 12:00

MEN 71 kg B

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
71 kg B																		
1	18	SHAHNAWAZ	169	GZB	01.01.2007	69.850	74	77	77	74		95	98	98	98		172	
2	38	ABHINAV SAINI	170	CHL	31-03-2010	65.350	85	85	90	85		92	95	100	95		180	
3	39	VANSH TOMAR	187	MRT	18-06-2008	68.940	80	84	85	80		100	108	112	112		192	
4	46	SAGAR ARORA	177	MRT	15-07-2011	70.310	70	70	76	70		95	103	110	103		173	
5	111	RISHAB TYAGI	198	MRT	28-08-2004	68.870	91	91	94	91		105	111	112	105		196	
6	157	VAIBHAV PAL	168	KNP	30-09-2010	68.160	70	73	75	73		93	96	96	96		169	
7	178	MANOJ KUMAR	188	VNS	18-05-2002	68.960	83	83	83	--		--	--	--	--		--	
8	280	HIMANSHU KUMAR	194	GBN	15-07-2008	67.050	75	81	87	81		100	107	111	107		188	
9	359	SATPAL MAURYA	180	LKO	20-10-2007	70.290	74	74	76	74		95	--	--	--		--	
10	371	VIJY SOAM	181	MRT	17-02-2009	70.280	74	78	82	78		95	102	102	102		180	
11	394	PANKAJ SINGH	190	MAT	03-05-2008	70.780	80	85	90	85		90	96	103	103		188	
12	421	PRITHVI SINGH	153	MBD	13-11-2006	70.290	88	88	92	92		115	120	--	115		207	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Monika [PUN]
Left - R. Kavitha [TND]
Right - Dhram Pal [H.P.]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
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Secretary

1. Mona Sinha [U.P.]
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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 13.01.2026 14:00

MEN 71 kg A

Weigh in : 12:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
71 kg A																		
1	37	INAM	224	MRT	01-07-2009	70.240	92	100	105	100		112	115	115	115		215	
2	51	AKSHAY SHANKHDHAR	240	BDU	28-03-2007	70.720	105	110	113	110		130	130	130	130		240	
3	85	AAS MOHMAND ASHU	250	SRE	16-01-2010	67.710	105	110	110	110		134	140	143	143		253	
4	92	MOD GULAMMUHIYUDDIN	200	KNJ	06-12-2005	70.310	93	93	100	93		112	120	125	120		213	
5	110	SANRAJ	250	SRE	04-07-2008	69.880	106	111	111	106		130	136	136	130		236	
6	131	HARSH KUMAR	247	BGP	27-12-2008	69.540	103	105	107	105		125	125	125	125		230	
7	160	SATYAM YADAV	210	CHL	01-07-2012	68.290	100	100	100	--		--	--	--	--		--	
8	176	MRITUNJAI RAI	200	UPP	28-12-2001	69.610	83	83	83	--		--	--	--	--		--	
9	219	NIKHIL	200	GBN	04-06-2006	67.150	100	105	--	100		--	--	--	--		--	
10	263	RAJKARAN CHAUHAN	245	GZP	07-10-2006	70.460	103	107	110	107		135	135	136	136		243	
11	282	AMBUJ SHUKLA	250	PYJ	05-11-2009	70.650	103	106	108	108		138	138	143	143		251	
12	406	SARIK	243	BGP	01-01-2006	67.730	107	111	113	113		138	138	138	138		251	
13	413	ASHUTOSH YADAV	235	GZP	02-09-2004	69.340	101	102	102	--		--	--	--	--		--	
14	455	NITIN CHAUDHARY	205	MAT	15-04-2006	70.160	95	98	100	98		113	113	113	113		211	
15	479	ABHISHEK PAL	250	GZP	08-11-2004	69.940	102	102	102	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Narender Kaur [RAJ]
Left - P. Kyathi [TEL]
Right - Chhitranjan Swain [ORS]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

1. Mukesh Kumar [BHR]
2. Bharti Devi [J&K]
3. Anju Bala [H.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 13.01.2026 16:00

MEN 79 kg B

Weigh in : 14:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
79 kg B																		
1	16	ANSHU	210	BRL	06-01-2006	77.150	80	--	--	80		110	--	--	110		190	
2	23	JAYANT	205	SRE	22-04-2011	73.400	91	91	95	95		110	110	111	111		206	
3	41	MOHD ZAID	194	GBN	10-07-2008	76.870	85	85	92	85		105	105	110	105		190	
4	120	SHIVAM	185	AGR	05.07.2008	75.210	80	87	91	87		105	105	110	105		192	
5	128	DHANANJAY YADAV	190	PYJ	20-06-2009	71.700	92	92	96	92		109	114	114	109		201	
6	156	PIYUSH SINGH	200	KNP	08-06-2005	78.020	90	90	95	95		110	115	118	115		210	
7	199	RANJEET SINGH	160	ALI	02-10-2011	77.950	75	--	--	--		--	--	--	--		--	
8	271	ARYAN	210	SRE	02-06-2012	72.420	85	91	95	95		110	115	118	115		210	
9	290	HARSHIT VERMA	201	KNP	16-04-2006	74.020	85	92	92	92		119	119	119	--		--	
10	356	YUVRAJ SINGH	170	AGR	10.08.2009	78.380	76	79	81	79		96	96	100	100		179	
11	425	RISHI KUMAR	180	PYJ	05-04-2009	78.496	75	80	83	80		95	95	101	95		175	
12	451	VIPUL SINGH YADAV	170	GZP	01-08-2011	76.850	75	80	80	80		95	102	110	102		182	
13	457	PRATEEK TIWARI	187	CHL	16-08-2007	77.160	85	85	90	85		105	105	108	--		--	
14	495	SOURAV SINGH	165	HTS	21-08-2008	77.380	80	82	86	82		96	100	105	100		182	
15	498	DEV KUMAR	200	UPWA	12-09-2001	73.190	90	--	--	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

- Center - Shipra Soni [BHR]
Left - Amandeep Kaur [CHD]
Right - Yashpal Singh [U.P.]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 13.01.2026 18:00

MEN 79 kg A

Weigh in : 16:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
79 kg A																		
1	104	VIKAS	240	BRL	04-01-2003	74.750	100	105	105	100		135	140	140	--		--	
2	242	ABHISHEK POONIA	270	GZB	01.01.2002	77.880	125	125	131	125		155	164	167	155		280	
3	264	AASHISH	270	HPR	08.09..2006	78.550	124	130	133	133		150	158	163	158		291	
4	318	AAYUSH RANA	282	BGP	06-01-2009	77.980	123	123	123	123		144	150	150	150		273	
5	321	TARUN	235	GBN	23-08-2007	74.520	95	99	102	102		120	120	125	125		227	
6	330	VINAY LAL YADAV	285	GZP	06-07-2004	78.140	115	119	119	119		156	162	162	156		275	
7	331	VASU TYAGI	260	HPR	01.01.2001	78.610	113	116	121	116		145	149	152	145		261	
8	340	PRADEEP KUMAR	251	UPP	02-12-1997	77.920	101	104	107	107		130	132	135	130		237	
9	390	DHEERAJ KUMAR	280	MAT	28-09-2007	76.960	121	121	124	121		149	149	153	153		274	
10	471	RISHABH	220	BGP	03-07-2004	72.010	95	95	99	95		125	125	130	125		220	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Dhram Pal [H.P.]
Left - Monika [PUN]
Right - R. Kavitha [TND]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

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2. Bharti Devi [J&K]
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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 14.01.2026 09:00

MEN 88 kg B

Weigh in : 7:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
88 kg B																		
1	6	HARPREET SINGH HOODA	230	HPR	01.01.2002	79.900	100	105	110	105		120	120	130	120		225	
2	17	ADITYA SHARMA	160	ALI	20-06-2008	87.310	85	85	85	--		--	--	--	--		--	
3	45	ARYAN CHAUDHARY	220	BIJ	08-06-2009	83.870	93	98	98	93		115	115	120	115		208	
4	60	SHIVAM SINGH	195	GZB	01.01.2012	86.510	100	100	100	--		--	--	--	--		--	
5	67	AMAN SATI	190	MBD	10-01-2009	85.360	85	85	85	--		--	--	--	--		--	
6	91	AYUSHMAN YADAV	220	VNS	07-12-2007	83.160	96	96	101	101		127	127	127	--		--	
7	99	NIKHIL BHADANA	220	MRT	19-02-2009	87.220	93	100	106	106		115	125	132	125		231	
8	112	MUKUL	220	HPR	01.01.2000	83.430	100	100	100	--		--	--	--	--		--	
9	237	PARTH DUBEY	220	GZB	13.08.2001	86.480	100	100	103	100		120	124	126	124		224	
10	292	SHANE AALAM	220	MBD	17-06-1998	81.100	100	105	110	105		137	142	145	137		242	
11	322	BRIJESH KUMAR	240	UPP	11-07-1996	84.570	100	106	--	106		120	--	--	120		226	
12	355	YASH VERMA	180	ALI	26-07-2009	86.910	85	85	85	--		--	--	--	--		--	
13	452	MOH.AJIM	193	MRT	01-01-2010	80.850	90	95	95	90		110	110	110	--		--	
14	454	GAURAV SOLANKI	230	AGR	08.06.2005	85.610	120	120	125	125		145	152	152	152		277	
15	497	KANHAIYA	230	UPWA	15-06-2004	87.850	100	100	100	100		125	126	127	127		227	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Chhitranjan Swain [ORS]
Left - Narender Kaur [RAJ]
Right - P. Kyathi [TEL]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

1. Mona Sinha [U.P.]
2. Neelam [J&K]
3. Vinit Kumar [U.P.]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 14.01.2026 10:30

MEN 88 kg A

Weigh in : 8:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
88 kg A																		
1	36	RISHABH YADAV	270	JHN	16-03-2006	85.730	120	123	125	120		152	158	160	152		272	
2	63	SUSHANT NIRBAL	270	BIJ	01-02-2006	82.450	115	115	115	--		--	--	--	--		--	
3	123	AAMIR MALIK	290	SRE	10-09-2004	84.270	125	130	134	130		146	150	154	150		280	
4	139	ALAM	269	SRE	20-03-2008	86.090	113	118	122	122		140	145	149	149		271	
5	253	GOVIND SINGH	250	FZD	10-11-2006	85.150	107	107	112	107		140	150	150	140		247	
6	259	SAHADEV GOSWAMI	275	MAT	04-06-2008	82.570	116	120	123	120		142	148	152	148		268	
7	262	VISHESH TOMAR	246	MRT	26-01-2008	79.470	108	115	115	108		137	145	153	145		253	
8	376	SACHIN KUMAR	290	MAT	03-04-2004	83.420	120	120	120	--		--	--	--	--		--	
9	424	AKASH KUMAR	260	VNS	12-07-2004	86.750	110	110	113	113		130	135	--	130		243	
10	434	MOHD TALIB	270	PYJ	12-07-2006	86.290	120	124	124	124		151	155	160	155		279	
11	470	RAVEENDRA BHARTIYA	265	PYJ	15-10-2005	84.350	--	--	--	--		--	--	--	--		--	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - Yashpal Singh [U.P.]
Left - Shipra Soni [BHR]
Right - Amandeep Kaur [CHD]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
2. Megha Chand [U.K.]

Secretary

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 14.01.2026 12:00

MEN 94 kg A

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
94 kg A																		
1	25	PARV CHAUDHARY	320	BIJ	10-07-2008	93.590	142	147	151	151		180	--	--	180		331	
2	86	GAURAV KUMAR RANA	270	GZB	03.01.2004	93.650	110	110	115	110		141	146	146	141		251	
3	130	TANISH CHOUDHARY	205	GZB	01.01.2010	91.400	94	98	98	94		108	108	112	108		202	
4	158	NISHANT SHARMA	215	BRL	07-04-2008	88.990	100	103	105	103		125	130	136	130		233	
5	198	NISHUL KUMAR	215	BGP	03-03-2007	91.570	104	107	107	107		128	131	138	138		245	
6	206	ANKIT KASHYAP	250	BRL	04-11-2001	92.850	105	105	117	105		135	141	148	141		246	
7	303	SUFIAN	213	MRT	01-02-2010	92.750	95	95	95	--		--	--	--	--		--	
8	314	HIMANSHU	205	AGR	28.03.2008	89.400	96	100	102	102		110	116	118	118		220	
9	317	VISHAL CHAUDHARY	266	MRT	25.12.2001	92.260	117	117	118	118		--	--	--	--		--	
10	352	RAM KARAN PRAJAPATI	310	VNS	15-07-1998	92.580	136	136	136	136		165	177	185	177		313	
11	401	RAJAT YADAV	185	KNP	08-11-2011	93.270	92	97	100	97		111	116	124	116		213	
12	453	SHARAD SIDDHU	175	HPR	01.01.2011	89.550	90	--	--	--		--	--	--	--		--	
13	474	SANOVER	290	GZB	01.01.2003	92.820	120	120	126	126		150	156	160	160		286	

Jury

1. A) Hansa Sharma, I-1 [UKD]
2. B) Pardeep Sharma, I-1 [H.P.]
3. C) Sabina Yadav, I-1 [U.P.]

Referee

Center - R. Kavitha [TND]
Left - Dhram Pal [H.P.]
Right - Monika [PUN]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

1. Pradeep Kumar Yadav [DEL]
2. Banita Ghadei [ORS]

Secretary

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ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING TOURNAMENT
YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 14.01.2026 14:00

MEN +94 kg B, 110 kg B, +110 kg B

Weigh in : 12:00

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
+94 kg B																		
1	34	KISHAN YADAV	205	CHL	08-07-2008	108.29 0	95	95	--	--		--	--	--	--		--	
2	353	RIHAN	195	MRT	01-01-2009	101.69 0	95	95	95	--		--	--	--	--		--	
3	436	SAMBHAV TYAGI	205	MBD	01-01-2009	100.17 0	98	105	106	106		115	125	125	125		231	
110 kg B																		
4	5	HRITHIK KUMAR	220	VNS	19-02-2008	99.050	100	106	106	100		120	130	130	120		220	
5	153	DEV PANDIT	250	GZB	01.01.2004	99.720	110	113	113	110		140	140	140	--		--	
6	260	BUNTY CHAUDHARY	280	GZB	25.12.2001	98.860	125	125	125	--		--	--	-	--		--	
7	297	ABHISHEK SINGH	220	SMB	22-05-2007	97.170	100	100	100	--		--	--	--	--		--	
8	354	ABHISHEK DIXIT	260	FZD	16-12-2005	103.15 0	110	120	120	120		146	155	160	160		280	
9	412	HIMANSHU UPDHAYAY	260	ETAH	31-10-2003	103.92 0	110	110	111	--		--	--	--	--		--	
10	466	ARJUN	280	MZN	14-12-2002	103.38 0	115	118	120	118		145	145	145	--		--	
+110 kg B																		
11	377	AMOGH HARISH SHARMA	214	GBN	05-01-2008	110.25 0	97	97	101	97		118	118	135	118		215	
12	419	GULBHAR	277	BGP	13-07-2009	110.90 0	115	120	124	124		152	158	164	158		282	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - P. Kyathi [TEL]
Left - Chhitranjan Swain [ORS]
Right - Narender Kaur [RAJ]

Chief Marshal

1. D) Pradeep Yadav, I-1 [U.P.]
2. E) Khushbu Yadav, I-1 [U.P.]

Time Keeper

1. Yashpal Singh [U.P.]

Technical Controller

1. Sanjukta Sahu [ORS]
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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026

START LIST / PROTOCOL

Competition : 14.01.2026 15:30

MEN 110 kg A, +110 kg A

Weigh in : 13:30

No.	LOT	NAME	ENT	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
110 kg A																		
1	207	ANKUR SINGH	310	GZB	10.01.1996	108.07 0	135	141	144	141		160	167	175	167		308	
2	294	ANKUSH KUMAR	300	BGP	03-07-2001	105.00 0	132	136	136	132		160	168	168	--		--	
3	344	TUSHAR CHAUDHARY	290	BIJ	07-12-2008	106.21 0	124	124	128	124		159	165	171	171		295	
+110 kg A																		
4	180	HIMANSHU KUMAR CHANG	310	BIJ	15-01-1992	169.41 0	130	130	130	130		170	--	--	170		300	
5	197	SOGAT KUMAR	280	BIJ	13-05-2007	110.35 0	115	120	124	120		145	155	155	145		265	
6	299	UJJAWAL	280	MRT	24-07-2001	110.62 0	120	122	124	122		150	158	--	150		272	
7	405	VIVEK KUMAR	300	SRE	15-05-1999	139.17 0	135	141	145	141		166	167	167	--		--	

Jury

1. A) Pal Singh Sandhu, I-1 [U.P.]
2. B) Rajneesh Bhaskar I-1 [BHR]
3. C) Geetha Ananda, I-1 [KRN]

Referee

Center - Amandeep Kaur [CHD]
Left - Yashpal Singh [U.P.]
Right - Shipra Soni [BHR]

Chief Marshal

1. Shivansh Dhall [HRN]
2. Shubham Jain [M.P.]
3. Aditya Dwivedi [M.P.]

Time Keeper

1. N. Khomdonbi Chanu [ARN]

Technical Controller

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026



GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

- A) HANSA SHARMA, I-1 [UKD] *President of Jury
- B) PARDEEP SHARMA, I-1 [H.P.]
- C) SABINA YADAV, I-1 [U.P.]

JURY Member Group 2 :

- A) PAL SINGH SANDHU, I-1 [U.P.] *President of Jury
- B) RAJNEESH BHASKAR I-1 [BHR]
- C) GEETHA ANANDA, I-1 [KRN]

REFEREE Member Group 1 :

- CHHITTRANJAN SWAIN [ORS]
- NARENDER KAUR [RAJ]
- P. KYATHI [TEL]

REFEREE Member Group 2 :

- SHIPRA SONI [BHR]
- AMANDEEP KAUR [CHD]
- DUSHYANT YADAV [U.P.]

REFEREE Member Group 3 :

- R. KAVITHA [TND]
- DHRAM PAL [H.P.]
- MONIKA [PUN]

GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

- D) PRADEEP YADAV, I-1 [U.P.]
- E) KHUSHBU YADAV, I-1 [U.P.]

CHIEF MARSHAL Member Group 2 :

- SHIVANSH DHALL [HRN]
- SHUBHAM JAIN [M.P.]
- ADITYA DWIVEDI [M.P.]

TIMEKEEPER Member Group 1 :

- YASHPAL SINGH [U.P.]

TIMEKEEPER Member Group 2 :

- N. KHOMDONBI CHANU [ARN]

TECHNICAL CONTROLLER Member Group 1 :

- SANJUKTA SAHU [ORS]
- MEGHA CHAND [U.K.]

TECHNICAL CONTROLLER Member Group 2 :

- PRADEEP KUMAR YADAV [DEL]
- BANITA GHADAI [ORS]

SECRETARY Member Group 1 :

- MUKESH KUMAR [BHR]
- BHARTI DEVI [J&K]
- ANJU BALA [H.P.]

SECRETARY Member Group 2 :

- MONA SINHA [U.P.]
- NEELAM [J&K]
- VINIT KUMAR [U.P.]

TECHNICAL DELLEGATE Member Group 1 :

- DR. SAHDEV YADAV [U.P.]

COMPEITION DIRECTOR Member Group 1 :

- G.P. SHARMA [U.P.]

SPEAKER Member Group 1 :

- KAMALDEEP SINGH [CHD]

TIS TEAM Member Group 1 :

- SUNEET CHOPRA [U.P.]
- PURAN CHANDRA [DEL]
- SURYANSH TYAGI [U.P.]
- SHIVAM MISHRA [U.P.]
- RAHUL KUMAR [DEL]
- KARTIK SHARMA [U.P.]

FOP INCHARGE Member Group 1 :

- KARAN THAPA [U.P.]

FOP INCHARGE Member Group 2 :

ARTI YADAV [U.P.]

SPEAKER Member Group 2 :

D) KRISHNARAJ K., I-1 [KRN]

ASMITA KHELO INDIA NATIONAL WEIGHTLIFTING LEAGUE TOURNAMENT

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YADAV FARM HOUSE - KAJAMPUR GATE - MODINAGAR - UTTAR PRADESH

08/01/2026 to 14/01/2026



MEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	PARV CHAUDHARY	10-07-2008	BIJ	93.590	331	570.135
2	HIMANSHU MAHESHWARI	12-07-2003	BRL	59.260	245	545.715
3	AASHISH	08.09..2006	HPR	78.550	291	475.424
4	RAM KARAN PRAJAPATI	15-07-1998	VNS	92.580	313	473.488
5	ABHISHEK POONIA	01.01.2002	GZB	77.880	280	418.300
6	VINAY LAL YADAV	06-07-2004	GZP	78.140	275	393.997
7	DHEERAJ KUMAR	28-09-2007	MAT	76.960	274	389.258
8	AAYUSH RANA	06-01-2009	BGP	77.980	273	384.559
9	AAMIR MALIK	10-09-2004	SRE	84.270	280	369.012
10	SARIK	01-01-2006	BGP	67.730	251	368.470
11	ANKUR SINGH	10.01.1996	GZB	108.070	308	368.423
12	SUSHIL KUMAR	07-03-2003	MAT	64.590	235	366.129
13	VEERPAL	07-02-2006	PLB	59.000	217	364.652
14	GAURAV SOLANKI	08.06.2005	AGR	85.610	277	356.041
15	UMESH	06-10-2004	FZD	57.750	215	353.607
16	SANOVER	01.01.2003	GZB	92.820	286	350.882
17	HIMANSHU KUMAR CHANG	15-01-1992	BIJ	169.410	300	348.593
18	RISHABH YADAV	16-03-2006	JHN	85.730	272	335.135
19	VASU TYAGI	01.01.2001	HPR	78.610	261	331.216
20	TUSHAR CHAUDHARY	07-12-2008	BIJ	106.210	295	319.250
21	AKSHAY SHANKHDHAR	28-03-2007	BDU	70.720	240	317.504
22	GAJENDRA KUMAR	08-03-2003	GBN	64.850	225	316.882
23	SANRAJ	04-07-2008	SRE	69.880	236	300.263
24	ABHISHEK DIXIT	16-12-2005	FZD	103.150	280	268.438
25	VISHESH TOMAR	26-01-2008	MRT	79.470	253	263.482
26	UJJAWAL	24-07-2001	MRT	110.620	272	251.746
27	GOVIND SINGH	10-11-2006	FZD	85.150	247	243.290
28	PRADEEP KUMAR	02-12-1997	UPP	77.920	237	240.408
29	SOGAT KUMAR	13-05-2007	BIJ	110.350	265	230.860
30	AKASH KUMAR	12-07-2004	VNS	86.750	243	230.446
31	GAURAV KUMAR RANA	03.01.2004	GZB	93.650	251	227.423
32	SHANE AALAM	17-06-1998	MBD	81.100	242	227.311
33	ANKIT KASHYAP	04-11-2001	BRL	92.850	246	212.718
34	NITIN CHAUDHARY	15-04-2006	MAT	70.160	211	206.994
35	RISHABH	03-07-2004	BGP	72.010	220	187.744
36	KANHAIYA	15-06-2004	UPWA	87.850	227	183.783
37	BRIJESH KUMAR	11-07-1996	UPP	84.570	226	181.108
38	HARPREET SINGH HOODA	01.01.2002	HPR	79.900	225	178.459
39	PARTH DUBEY	13.08.2001	GZB	86.480	224	175.838
40	RISHAB TYAGI	28-08-2004	MRT	68.870	196	162.020

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WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	AISANGFA GOGOI	16.12.2007	ASM	55.700	187	932.107
2	ANANYA VIJAY PATIL	14.01.2001	MHR	56.030	179	806.096
3	SAGUN RAV- VNS	24.02.2005	U.P.	57.740	176	762.084
4	MARTINA DEVI MAIBAM	21.03.2006	U.P.	110.040	244	741.381
5	ANKITA PRADHAN	15.3.2009	ORS	57.030	168	652.963
6	NISHIGANDHA SURESH KADOLE	03.02.2010	MHR	57.630	167	640.141
7	SONAM SINGH- VNS	18.12.2004	U.P.	60.350	182	593.041
8	SANJANA	18.01.2007	NCOE	69.370	206	547.184
9	SONALI YADU	19.09.2002	C.G.	59.550	175	520.597
10	LUNA SONOWAL	14.9.2009	ASM	62.500	173	501.093
11	POOJA YADAV	15-07-1996	VNS	75.660	198	479.722
12	PURNIMA PANDEY	16-10-1997	VNS	113.750	210	450.349
13	KM. KARTIGYA	13-09-1999	SRE	81.570	203	433.940
14	TAMANNA	13.10.2007	HRN	69.000	175	421.369
15	NATASHA NEGI	20.02.1998	H.P.	57.870	147	419.028
16	KALPANA YADAV	10-07-2002	LKO	83.650	199	406.180
17	ADITI	07-05-2007	SRE	94.250	202	395.836
18	SALONI SINGH	25-10-2001	UPP	66.790	169	375.259
19	ROMALI PRADHAN	11.3.2008	ORS	61.600	158	370.741
20	SHIVANI RANI	01.01.2003	HPR	57.590	141	364.857
21	SEEMA SIKARAWAR	03.09.2002	AGR	59.910	157	363.004
22	NIVETHA T	27.02.1997	KRN	102.050	196	358.108
23	ADITI KAKKAR	26.11.1998	DEL	62.250	154	340.468
24	KAJAL RAJPUT	06-03-2005	KNP	62.750	154	340.468
25	RIMJHIM NAYAK	1.11.2007	ORS	68.550	160	312.881
26	GEETANJALI YADAV	16-12-2006	CHL	68.130	160	312.881
27	SUNITA VERMA	26-06-2009	LKO	53.880	133	300.506
28	PUNAM KAKADE	18.07.2008	MHR	68.450	158	300.077
29	KOMAL BHATI	30.07.2008	NCOE	74.980	170	289.084
30	SANA	16-08-1999	KNP	75.430	169	283.473
31	SHALINI	01-01-2004	UPP	53.690	129	271.518
32	KAMINEE	23-03-2002	PYJ	59.120	142	260.038
33	PRITI	05-03-1993	SRE	62.540	142	260.038
34	GOLDI	19-06-2005	MZN	63.160	146	230.821
35	SAMPA SETH	10.4.1997	W.B.	69.270	158	226.680
36	MAUSUMI DAS	12.8.2009	ORS	81.480	164	213.622
37	JIVAN LATA	15.01.2000	PUN	85.300	145	141.907
38	JANAKNANDANI	8.5.2009	BHR	74.870	137	141.145
39	KOMAL DEVRAPALLI	10.06.2005	GUJ	77.080	143	135.508
40	AIEI BANITY LYGDOH NONGLAIT	8.6.1997	MGH	63.990	121	123.684