

RESULTS BOOK



JUNIOR



ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
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JUNIOR WOMEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
48 kg	TOTAL	1	159	Mansi Chamunda	04.01.2007	U.P.
		2	117	Roli Verma	7.7.2008	NCOE
		3	113	Himanshi	10.03.2009	NCOE
53 kg	TOTAL	1	126	SANIYA	24.04.2006	HRN
		2	122	SHAGUN	10.01.2010	H.P.
		3	121	SHIVANI SHARMA	18.12.2009	NCOE
58 kg	TOTAL	1	176	Sagun Rav	24.02.2005	U.P.
		2	161	Diksha Yadav	10.07.2005	U.P.
		3	96	JASMEEN KAUR	30.07.2007	PUN
63 kg	TOTAL	1	151	ISHU	20.05.2007	HRN
		2	139	MEGHNA BOHRA	10.8.2007	DEL
		3	122	KANAK	7.9.2009	DEL
69 kg	TOTAL	1	179	TAMANNA	13.10.2007	HRN
		2	167	NAINA	04.08.2006	HRN
		3	154	Geetanjali Yadav	16.12.2006	U.P.
77 kg	TOTAL	1	214	Sanjana	18.1.2007	NCOE
		2	166	KOMAL BHATI	30.07.2008	NCOE
		3	159	KIRTI SOLANKI	30.9.2006	DEL
86 kg	TOTAL	1	122	KHUSHBOO	7.8.2009	DEL
		2	96	Tania Sharma	31.07.2006	U.P.
		3				
+86 kg	TOTAL	1	234	MAIBAM MARTINA DEVI	21.3.2006	U.P.
		2	165	AHANA KAPURIA	15.3.2005	U.P.
		3	118	RHYTHM SHARMA	01.07.2007	PUN



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	U.P. : U.P.	0/0	202/9	202/9
2	NCOE : NCOE	0/0	167/8	167/8
3	DEL : DEL	0/0	140/6	140/6
4	HRN : HRN	0/0	131/5	131/5
5	PUN : PUN	0/0	108/7	108/7
6	J.K. : J.K.	0/0	80/4	80/4
7	H.P. : H.P.	0/0	68/3	68/3
8	CHD : CHD	0/0	22/1	22/1



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR MEN's TEAM CLASSIFICATION

No.	Team	TOTAL
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ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR 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	-	53/2	0/1	23/1	20/1	25/1	53/2	202/9
2	NCOE : NCOE	91/4	23/1	-	-	-	53/2	0/1	-	167/8
3	DEL : DEL	-	-	22/1	48/2	19/1	23/1	28/1	-	140/6
4	HRN : HRN	-	28/1	-	28/1	75/3	-	-	-	131/5
5	PUN : PUN	19/1	0/1	23/1	22/1	21/1	0/1	-	23/1	108/7
6	J.K. : J.K.	38/2	22/1	-	-	20/1	-	-	-	80/4
7	H.P. : H.P.	-	25/1	-	-	-	21/1	-	22/1	68/3
8	CHD : CHD	-	-	-	-	-	22/1	-	-	22/1

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR SUMMARY MEDALS

No.	Team	1	2	3	4	5	6	7	8
1	U.P. : U.P.	3	3	1			1		
2	HRN : HRN	3	1		1				
3	NCOE : NCOE	1	2	2	1	1			
4	DEL : DEL	1	1	2	1			1	
5	H.P. : H.P.		1		1	1			
6	PUN : PUN			2	1	1		1	
7	J.K. : J.K.				1		2		1
8	CHD : CHD				1				



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR MEN 's MEDALS

No.	Team
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ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



JUNIOR WOMEN 's MEDALS

No.	Team	1	2	3	4	5	6	7	8
1	U.P. : U.P.	3	3	1			1		
2	HRN : HRN	3	1		1				
3	NCOE : NCOE	1	2	2	1	1			
4	DEL : DEL	1	1	2	1			1	
5	H.P. : H.P.		1		1	1			
6	PUN : PUN			2	1	1		1	
7	J.K. : J.K.				1		2		1
8	CHD : CHD				1				

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 48 kg

Competition : 05.12.2025 11:00

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
1	71	[A] Mansi Chamunda	165	U.P.	04.01.2007	47.250	70	73	73	73	1	86	89	89	86	1	159	1
2	18	[A] Roli Verma	115	NCOE	7.7.2008	46.870	51	53	56	56	2	61	65	65	61	3	117	2
3	117	[A] Himanshi	120	NCOE	10.03.2009	43.000	47	47	49	49	4	64	64	67	64	2	113	3
4	77	[A] Khushboo	110	NCOE	27.1.2009	43.380	46	49	51	51	3	60	60	60	60	4	111	4
5	79	[A] KAJAL	98	NCOE	11.5.2007	42.150	44	44	50	44	5	55	60	60	55	5	99	5
6	8	[A] Sabha Banoo	70	J.K.	14.08.2006	47.990	28	28	30	28	6	30	35	35	35	6	63	6
7	70	[A] JASMEET KAUR	70	PUN	23.8.2009	44.440	24	27	27	27	7	32	36	36	32	7	59	7
8	109	[A] Huriya Fayaz	55	J.K.	08.09.2009	44.550	25	25	25	25	8	25	30	33	30	8	55	8

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Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 53 kg

Competition : 05.12.2025 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	94	[A] SANIYA	110	HRN	24.04.2006	50.310	55	58	60	58	1	66	68	68	68	2	126	1
2	48	[A] SHAGUN	120	H.P.	10.01.2010	52.970	49	52	55	52	3	63	68	70	70	1	122	2
3	41	[A] SHIVANI SHARMA	135	NCOE	18.12.2009	48.110	52	56	60	56	2	65	65	65	65	3	121	3
4	52	[A] Sania Bano	50	J.K.	22.04.2007	51.030	21	23	25	23	5	28	28	30	30	4	53	4
	13	[A] HARMANPREET KAUR	120	PUN	10.11.2006	52.630	48	52	52	52	4	61	62	62	--		--	

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Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 58 kg

Competition : 06.12.2025 11:00

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
1	83	[A] Sagun Rav	180	U.P.	24.02.2005	57.810	73	76	78	78	1	90	94	98	98	1	176	1
2	23	[A] Diksha Yadav	150	U.P.	10.07.2005	57.150	67	70	70	70	2	87	91	94	91	2	161	2
3	24	[A] JASMEEN KAUR	95	PUN	30.07.2007	57.930	40	40	43	40	4	53	56	58	56	3	96	3
4	22	[A] NIHARIKA BAMBA	94	DEL	18.12.2006	54.990	40	43	43	40	3	53	53	59	53	4	93	4

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Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 63 kg

Competition : 06.12.2025 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	97	[A] ISHU	160	HRN	20.05.2007	61.220	65	65	68	68	1	83	83	85	83	1	151	1
2	31	[A] MEGHNA BOHRA	145	DEL	10.8.2007	62.100	60	64	64	64	2	75	83	83	75	2	139	2
3	14	[A] KANAK	107	DEL	7.9.2009	62.520	50	50	55	55	3	60	67	73	67	3	122	3
4	54	[A] PRABSIMRAN KAUR	60	PUN	25.5.2007	60.070	24	24	26	26	4	32	35	35	32	4	58	4
	95	[A] Priyanshi Vashistsa	130	U.P.	13.06.2008	59.030	60	60	60	--		--	--	--	--		--	

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Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 69 kg

Competition : 06.12.2025 15:00

Weigh in : 13:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	25	[A] TAMANNA	180	HRN	13.10.2007	67.090	80	80	88	88	1	91	--	--	91	2	179	1
2	84	[A] NAINA	160	HRN	04.08.2006	68.700	67	70	73	73	2	86	94	98	94	1	167	2
3	112	[A] Geetanjali Yadav	160	U.P.	16.12.2006	67.290	68	71	71	71	3	83	83	86	83	4	154	3
4	110	[A] AARTI	155	HRN	23.7.2009	64.110	65	65	68	68	4	78	83	85	85	3	153	4
5	86	[A] KUMARI PRIYA GUPTA	105	PUN	17.01.2008	64.190	43	45	45	43	5	55	60	60	55	5	98	5
6	78	[A] Ridhima Jasrotia	70	J.K.	11.12.2008	66.440	34	36	36	34	6	40	44	46	40	6	74	6
7	90	[A] TANISHA	55	DEL	19.5.2008	66.950	21	25	28	25	7	25	30	30	25	7	50	7

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Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 77 kg

Competition : 07.12.2025 11:00

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
1	21	[A] Sanjana	210	NCOE	18.1.2007	70.860	88	92	95	95	1	114	119	122	119	1	214	1
2	72	[A] KOMAL BHATI	155	NCOE	30.07.2008	71.870	73	75	77	77	2	83	86	89	89	3	166	2
3	61	[A] KIRTI SOLANKI	145	DEL	30.9.2006	73.610	65	68	72	68	3	83	87	91	91	2	159	3
4	7	[A] BEDIKA KAUSHAL	110	CHD	06.08.2010	75.950	52	55	55	55	5	73	73	77	77	4	132	4
5	20	[A] NIYATI PARMAR	129	H.P.	04.03.2010	71.400	53	53	56	56	4	70	70	74	74	5	130	5
6	55	[A] Nitu Kumari	110	U.P.	20.2.2009	72.390	48	48	48	48	6	52	55	60	60	6	108	6
	38	[A] ISHIKA WALIA	110	PUN	05.09.2005	74.710	40	43	43	40	7	50	50	50	--		--	

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN 86 kg

Competition : 07.12.2025 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	44	[A] KHUSHBOO	129	DEL	7.8.2009	78.650	50	57	61	50	2	65	72	72	72	1	122	1
2	11	[A] Tania Sharma	105	U.P.	31.07.2006	81.180	40	42	45	45	3	45	47	51	51	2	96	2
	56	[A] Shantusti Chaudhary	170	NCOE	28.10.2009	85.990	60	--	--	60	1	90	90	90	--		--	

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT JUNIOR WOMEN +86 kg

Competition : 08.12.2025 11:00

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
1	155	[A] MAIBAM MARTINA DEVI	200	U.P.	21.3.2006	110.660	100	104	107	104	1	130	130	135	130	1	234	1
2	156	[A] AHANA KAPURIA	140	U.P.	15.3.2005	131.640	70	75	80	75	2	90	95	100	90	2	165	2
3	135	[A] RHYTHM SHARMA	100	PUN	01.07.2007	90.870	45	50	54	54	3	57	62	64	64	3	118	3
4	2	[A] Manvi Mishra	100	H.P.	07.03.2009	86.750	41	41	41	41	4	48	53	56	53	4	94	4

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 05.12.2025 11:00

WOMEN 44 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
44 kg A																		
1	4	Priyanka Devi	55	J.K.	06.11.2011	41.990	30	30	33	33		38	46	46	46		79	
2	17	SAJIYA	54	H.P.	11.09.2012	36.480	24	27	27	24		32	35	38	38		62	
3	32	GEETANJALI	79	DEL	4.11.2011	42.880	35	38	41	38		40	45	45	40		78	
4	62	MONIKA YADAV	58	DEL	14.1.2011	41.880	27	30	30	27		28	33	38	33		60	
5	77	Khushboo	110	NCOE	27.1.2009	43.380	46	49	51	51		60	60	60	60		111	
6	104	Manvi Devi	50	J.K.	13.06.2012	41.900	25	28	31	31		28	32	36	32		63	
7	117	Himanshi	120	NCOE	10.03.2009	43.000	47	47	49	49		64	64	67	64		113	

Jury

- I. G.P. Sharma, I-1 [U.P.]
- II. Pardeep Sharma, I-1 [H.P.]
- III. Khushbu Yadav, I-2 [U.P.]

Referee

Center - Yashpal Singh, N-1 [U.P.]
Left - Shivali Kumari, N-2 [H.P.]
Right - Monika, N-2 [PUN]

Chief Marshal

- Yudhvir Singh, I-2 [J.K.]
- Shivaansh Dhall, N-2 [HRN]

Time Keeper

- Vivek Dhiman, N-2 [CHD]

Technical Controller

- Dushyant Kumar, N-2 [U.P.]
- Ashwani Kumar, N-2 [H.P.]

Secretary

- Sachin Dahiya, N-2 [CHD]
- Pradeep Kumar Yadav, I-2 [U.P.]

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 05.12.2025 12:30

WOMEN 48 kg A

Weigh in : 10:30

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	1	Sameksha Dubey	90	J.K.	21.09.2010	46.670	40	40	42	42		54	58	58	58		100	
2	8	Sabha Banoo	70	J.K.	14.08.2006	47.990	28	28	30	28		30	35	35	35		63	
3	18	Roli Verma	115	NCOE	7.7.2008	46.870	51	53	56	56		61	65	65	61		117	
4	19	Bandana Bharali	100	U.P.	31.10.2012	47.740	52	55	57	57		65	70	74	74		131	
5	58	TAMNNA KHAN	77	H.P.	10.02.2010	44.950	34	38	42	38		41	44	46	41		79	
6	69	Akashra Kumari	75	J.K.	23.03.2012	45.800	37	37	40	37		45	45	50	45		82	
7	70	JASMEET KAUR	70	PUN	23.8.2009	44.440	24	27	27	27		32	36	36	32		59	
8	71	Mansi Chamunda	165	U.P.	04.01.2007	47.250	70	73	73	73		86	89	89	86		159	
9	75	SHIVANI	100	NCOE	7.10.2008	42.110	40	40	40	40		50	50	50	--		--	
10	79	KAJAL	98	NCOE	11.5.2007	42.150	44	44	50	44		55	60	60	55		99	
11	89	Komal Kohar	180	HRN	24.07.2002	47.850	74	77	79	79		93	97	100	100		179	
12	100	LOVEJOT KAUR	130	PUN	13.11.2010	46.140	55	55	61	55		67	72	77	72		127	
13	109	Huriya Fayaz	55	J.K.	08.09.2009	44.550	25	25	25	25		25	30	33	30		55	
14	111	Naiameena Maieed	90	J.K.	12.01.2001	47.950	40	40	43	40		52	52	55	52		92	

Jury

- I. Pal Singh Sandhu, I-1 [U.P.]
- II. Hansa Sharma, I-1 [UKD]
- III. Sabina Yadav, I-1 [U.P.]

Referee

Center - Arti Yadav, N-2 [U.P.]
Left - Krishika Sharma, N-2 [H.P.]
Right - Sonu Prasad, N-2 [U.P.]

Chief Marshal

- Daleep Singh, N-2 [J.K.]
- Shubham Jain, N-1 [M.P.]

Time Keeper

- Gulshan Saini, N-2 [CHD]

Technical Controller

- Mona Sinha, N-1 [U.P.]
- Sudhish Kumar Singh, N-1 [U.P.]

Secretary

- Akanksha Kamale, N-1 [M.P.]
- Pradeep Yadav, N-2 [U.P.]
- Kartik Sharma, N-2 [U.P.]

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 05.12.2025 15:00

WOMEN 53 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
53 kg A																		
1	12	SHALINI	95	PUN	01.01.2009	49.220	38	41	43	41		45	45	47	45		86	
2	13	HARMANPREET KAUR	120	PUN	10.11.2006	52.630	48	52	52	52		61	62	62	--		--	
3	41	SHIVANI SHARMA	135	NCOE	18.12.2009	48.110	52	56	60	56		65	65	65	65		121	
4	42	Chummi Rughu	110	U.P.	13.08.2010	51.370	51	54	54	51		66	72	72	66		117	
5	43	Gudiya	160	U.P.	14.10.2001	52.560	64	68	72	72		86	92	--	92		164	
6	48	SHAGUN	120	H.P.	10.01.2010	52.970	49	52	55	52		63	68	70	70		122	
7	52	Sania Bano	50	J.K.	22.04.2007	51.030	21	23	25	23		28	28	30	30		53	
8	94	SANIYA	110	HRN	24.04.2006	50.310	55	58	60	58		66	68	68	68		126	
9	99	BHARTI	118	DEL	4.4.2002	52.200	53	56	56	53		68	72	73	68		121	
10	102	Khushmeet Kaur	82	H.P.	28.09.2009	52.620	37	40	40	37		43	48	50	43		80	
11	107	ANVI	100	HRN	21.12.2011	52.720	45	48	50	50		55	60	62	62		112	
12	123	POOJA SHARMA	100	NCOE	09.11.2000	52.070	40	43	45	43		53	57	60	57		100	
13	130	NISHA	140	NCOE	1.1.2011	50.170	57	61	61	61		67	74	81	74		135	
14	140	UTKARSHA SAINI	117	NCOE	18.1.2008	51.220	47	47	49	47		53	57	57	57		104	

Jury

- I. G.P. Sharma, I-1 [U.P.]
- II. Pardeep Sharma, I-1 [H.P.]
- III. Khushbu Yadav, I-2 [U.P.]

Referee

- Center - Amarnath Tyagi, I-2 [U.P.]
Left - Anil Kumar, N-2 [H.P.]
Right - Reshma, N-2 [DEL]

Chief Marshal

- Yudhvir Singh, I-2 [J.K.]
- Shivaansh Dhall, N-2 [HRN]

Time Keeper

- Vivek Dhiman, N-2 [CHD]

Technical Controller

- Dushyant Kumar, N-2 [U.P.]
- Ashwani Kumar, N-2 [H.P.]

Secretary

- Sachin Dahiya, N-2 [CHD]
- Pradeep Kumar Yadav, I-2 [U.P.]

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 06.12.2025 11:00

WOMEN 58 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
58 kg A																		
1	22	NIHARIKA BAMBA	94	DEL	18.12.2006	54.990	40	43	43	40		53	53	59	53		93	
2	23	Diksha Yadav	150	U.P.	10.07.2005	57.150	67	70	70	70		87	91	94	91		161	
3	24	JASMEEN KAUR	95	PUN	30.07.2007	57.930	40	40	43	40		53	56	58	56		96	
4	40	UMANG	95	DEL	18.1.2008	54.410	40	43	43	43		50	55	60	55		98	
5	66	Adeeba Khurshid	55	J.K.	20.09.2004	57.010	25	28	29	29		30	30	33	30		59	
6	83	Sagun Rav	180	U.P.	24.02.2005	57.810	73	76	78	78		90	94	98	98		176	
7	98	SONAM PHARSWAN	115	UKD	25.06.1998	56.530	45	50	51	45		60	63	63	60		105	
8	115	NATASHA NEGI	138	H.P.	20.02.1998	57.450	63	66	66	66		75	79	83	83		149	
9	119	KOMAL SINGHAL	108	DEL	23.10.2005	56.300	47	47	50	47		58	63	63	58		105	
10	124	Prachi Vijay Mali	120	U.P.	29.09.2010	56.690	53	57	60	60		71	75	78	78		138	

Jury

- I. Pal Singh Sandhu, I-1 [U.P.]
- II. Hansa Sharma, I-1 [UKD]
- III. Sabina Yadav, I-1 [U.P.]

Referee

- Center - Monika, N-2 [PUN]
Left - Yashpal Singh, N-1 [U.P.]
Right - Shivali Kumari, N-2 [H.P.]

Chief Marshal

- Daleep Singh, N-2 [J.K.]
- Shubham Jain, N-1 [M.P.]

Time Keeper

- Gulshan Saini, N-2 [CHD]

Technical Controller

- Mona Sinha, N-1 [U.P.]
- Sudhish Kumar Singh, N-1 [U.P.]

Secretary

- Akanksha Kamale, N-1 [M.P.]
- Pradeep Yadav, N-2 [U.P.]
- Kartik Sharma, N-2 [U.P.]

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 06.12.2025 13:00

WOMEN 63 kg A

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
63 kg A																		
1	5	Panchana Borah	130	NCOE	14.8.2011	62.650	60	64	67	64		75	80	80	75		139	
2	14	KANAK	107	DEL	7.9.2009	62.520	50	50	55	55		60	67	73	67		122	
3	31	MEGHNA BOHRA	145	DEL	10.8.2007	62.100	60	64	64	64		75	83	83	75		139	
4	47	Sonam Singh	185	U.P.	18.12.2004	60.250	78	81	84	84		98	102	106	106		190	
5	53	ADITI KAKKAR	160	DEL	26.11.1998	62.850	63	67	71	67		83	83	83	83		150	
6	54	PRABSIMRAN KAUR	60	PUN	25.5.2007	60.070	24	24	26	26		32	35	35	32		58	
7	59	MANJU DEVI	155	HRN	16.05.2003	62.400	65	67	69	69		70	75	77	70		139	
8	95	Priyanshi Vashistsa	130	U.P.	13.06.2008	59.030	60	60	60	--		--	--	--	--		--	
9	97	ISHU	160	HRN	20.05.2007	61.220	65	65	68	68		83	83	85	83		151	

Jury

- I. G.P. Sharma, I-1 [U.P.]
- II. Pardeep Sharma, I-1 [H.P.]
- III. Khushbu Yadav, I-2 [U.P.]

Referee

- Center - Sonu Prasad, N-2 [U.P.]
Left - Arti Yadav, N-2 [U.P.]
Right - Krishika Sharma, N-2 [H.P.]

Chief Marshal

- Yudhvir Singh, I-2 [J.K.]
- Shivaansh Dhall, N-2 [HRN]

Time Keeper

- Vivek Dhiman, N-2 [CHD]

Technical Controller

- Dushyant Kumar, N-2 [U.P.]
- Ashwani Kumar, N-2 [H.P.]

Secretary

- Sachin Dahiya, N-2 [CHD]
- Pradeep Kumar Yadav, I-2 [U.P.]

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 06.12.2025 15:00

WOMEN 69 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
69 kg A																		
1	25	TAMANNA	180	HRN	13.10.2007	67.090	80	80	88	88		91	--	--	91		179	
2	26	VARSHA VAISHNAV	123	DEL	20.4.2008	66.470	50	55	60	55		60	68	68	68		123	
3	33	HEENA BEGAM	120	PUN	11.10.2004	63.700	45	45	45	--		--	--	--	--		--	
4	78	Ridhima Jasrotia	70	J.K.	11.12.2008	66.440	34	36	36	34		40	44	46	40		74	
5	82	SONAKSHI	84	DEL	15.9.2012	63.470	35	35	38	35		43	46	46	46		81	
6	84	NAINA	160	HRN	04.08.2006	68.700	67	70	73	73		86	94	98	94		167	
7	86	KUMARI PRIYA GUPTA	105	PUN	17.01.2008	64.190	43	45	45	43		55	60	60	55		98	
8	88	Salbeena Aslam Shalla	140	J.K.	28.08.1998	67.000	57	57	57	57		78	78	78	--		--	
9	90	TANISHA	55	DEL	19.5.2008	66.950	21	25	28	25		25	30	30	25		50	
10	110	AARTI	155	HRN	23.7.2009	64.110	65	65	68	68		78	83	85	85		153	
11	112	Geetanjali Yadav	160	U.P.	16.12.2006	67.290	68	71	71	71		83	83	86	83		154	

Jury

- I. Pal Singh Sandhu, I-1 [U.P.]
- II. Hansa Sharma, I-1 [UKD]
- III. Sabina Yadav, I-1 [U.P.]

Referee

- Center - Reshma, N-2 [DEL]
Left - Amarnath Tyagi, I-2 [U.P.]
Right - Anil Kumar, N-2 [H.P.]

Chief Marshal

- Daleep Singh, N-2 [J.K.]
- Shubham Jain, N-1 [M.P.]

Time Keeper

- Gulshan Saini, N-2 [CHD]

Technical Controller

- Mona Sinha, N-1 [U.P.]
- Sudhish Kumar Singh, N-1 [U.P.]

Secretary

- Akanksha Kamale, N-1 [M.P.]
- Pradeep Yadav, N-2 [U.P.]
- Kartik Sharma, N-2 [U.P.]

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 07.12.2025 11:00

WOMEN 77 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
77 kg A																		
1	3	PAYAL	112	DEL	20.08.2004	69.720	48	53	55	55		58	64	64	58		113	
2	7	BEDIKA KAUSHAL	110	CHD	06.08.2010	75.950	52	55	55	55		73	73	77	77		132	
3	9	Liza	60	J.K.	19.06.2009	76.580	30	33	35	35		34	37	37	37		72	
4	20	NIYATI PARMAR	129	H.P.	04.03.2010	71.400	53	53	56	56		70	70	74	74		130	
5	21	Sanjana	210	NCOE	18.1.2007	70.860	88	92	95	95		114	119	122	119		214	
6	38	ISHIKA WALIA	110	PUN	05.09.2005	74.710	40	43	43	40		50	50	50	--		--	
7	55	Nitu Kumari	110	U.P.	20.2.2009	72.390	48	48	48	48		52	55	60	60		108	
8	61	KIRTI SOLANKI	145	DEL	30.9.2006	73.610	65	68	72	68		83	87	91	91		159	
9	72	KOMAL BHATI	155	NCOE	30.07.2008	71.870	73	75	77	77		83	86	89	89		166	
10	76	SWATI	120	DEL	11.09.2011	74.510	53	53	53	53		65	65	73	65		118	

Jury

- I. G.P. Sharma, I-1 [U.P.]
- II. Pardeep Sharma, I-1 [H.P.]
- III. Khushbu Yadav, I-2 [U.P.]

Referee

- Center - Shivali Kumari, N-2 [H.P.]
Left - Monika, N-2 [PUN]
Right - Yashpal Singh, N-1 [U.P.]

Chief Marshal

- Yudhvir Singh, I-2 [J.K.]
- Shivaansh Dhall, N-2 [HRN]

Time Keeper

- Vivek Dhiman, N-2 [CHD]

Technical Controller

- Dushyant Kumar, N-2 [U.P.]
- Ashwani Kumar, N-2 [H.P.]

Secretary

- Sachin Dahiya, N-2 [CHD]
- Pradeep Kumar Yadav, I-2 [U.P.]

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 07.12.2025 13:00

WOMEN 86 kg A

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
86 kg A																		
1	11	Tania Sharma	105	U.P.	31.07.2006	81.180	40	42	45	45		45	47	51	51		96	
2	44	KHUSHBOO	129	DEL	7.8.2009	78.650	50	57	61	50		65	72	72	72		122	
3	56	Shantusti Chaudhary	170	NCOE	28.10.2009	85.990	60	--	--	60		90	90	90	--		--	
4	85	JIVAN LATA	180	PUN	15.01.2000	84.190	70	70	75	70		90	--	--	90		160	
5	105	RAJESHWARI	80	UKD	01.07.1996	80.330	30	30	35	35		40	46	46	40		75	

Jury

- I. Pal Singh Sandhu, I-1 [U.P.]
- II. Hansa Sharma, I-1 [UKD]
- III. Sabina Yadav, I-1 [U.P.]

Referee

- Center - Krishika Sharma, N-2 [H.P.]
Left - Sonu Prasad, N-2 [U.P.]
Right - Arti Yadav, N-2 [U.P.]

Chief Marshal

- Daleep Singh, N-2 [J.K.]
- Shubham Jain, N-1 [M.P.]

Time Keeper

- Gulshan Saini, N-2 [CHD]

Technical Controller

- Mona Sinha, N-1 [U.P.]
- Sudhish Kumar Singh, N-1 [U.P.]

Secretary

- Akanksha Kamale, N-1 [M.P.]
- Pradeep Yadav, N-2 [U.P.]
- Kartik Sharma, N-2 [U.P.]



ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



START LIST / PROTOCOL

Competition : 07.12.2025 14:00

WOMEN +77 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
+77 kg A																		
1	28	Zikra Parvaiz	85	J.K.	25.12.2009	81.100	32	36	42	42		40	45	47	40		82	
2	91	Parakriti Rao	115	U.P.	16.9.2009	77.630	45	45	48	48		50	56	61	56		104	
3	132	SUKHPREET KAUR	92	PUN	24.6.2011	92.040	42	45	48	45		50	56	60	50		95	

Jury

- I. G.P. Sharma, I-1 [U.P.]
- II. Pardeep Sharma, I-1 [H.P.]
- III. Khushbu Yadav, I-2 [U.P.]

Referee

Center - Anil Kumar, N-2 [H.P.]
Left - Reshma, N-2 [DEL]
Right - Amarnath Tyagi, I-2 [U.P.]

Chief Marshal

- Yudhvir Singh, I-2 [J.K.]
- Shivaansh Dhall, N-2 [HRN]

Time Keeper

- Vivek Dhiman, N-2 [CHD]

Technical Controller

- Dushyant Kumar, N-2 [U.P.]
- Ashwani Kumar, N-2 [H.P.]

Secretary

- Sachin Dahiya, N-2 [CHD]
- Pradeep Kumar Yadav, I-2 [U.P.]

ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025

START LIST / PROTOCOL

Competition : 08.12.2025 11:00

WOMEN +86 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
+86 kg A																		
1	2	Manvi Mishra	100	H.P.	07.03.2009	86.750	41	41	41	41		48	53	56	53		94	
2	135	RHYTHM SHARMA	100	PUN	01.07.2007	90.870	45	50	54	54		57	62	64	64		118	
3	155	MAIBAM MARTINA DEVI	200	U.P.	21.3.2006	110.660	100	104	107	104		130	130	135	130		234	
4	156	AHANA KAPURIA	140	U.P.	15.3.2005	131.640	70	75	80	75		90	95	100	90		165	

Jury

- I. Pal Singh Sandhu, I-1 [U.P.]
- II. Hansa Sharma, I-1 [UKD]
- III. Sabina Yadav, I-1 [U.P.]

Referee

- Center - Yashpal Singh, N-1 [U.P.]
Left - Shivali Kumari, N-2 [H.P.]
Right - Monika, N-2 [PUN]

Chief Marshal

- Daleep Singh, N-2 [J.K.]
- Shubham Jain, N-1 [M.P.]

Time Keeper

- Gulshan Saini, N-2 [CHD]

Technical Controller

- Mona Sinha, N-1 [U.P.]
- Sudhish Kumar Singh, N-1 [U.P.]

Secretary

- Akanksha Kamale, N-1 [M.P.]
- Pradeep Yadav, N-2 [U.P.]
- Kartik Sharma, N-2 [U.P.]

GROUP OF JURIES AND REFEREES

JURY Member Group 1 :

- I. G.P. SHARMA, I-1 [U.P.] *President of Jury
- II. PARDEEP SHARMA, I-1 [H.P.]
- III. KHUSHBU YADAV, I-2 [U.P.]

JURY Member Group 2 :

- I. PAL SINGH SANDHU, I-1 [U.P.] *President of Jury
- II. HANSA SHARMA, I-1 [UKD]
- III. SABINA YADAV, I-1 [U.P.]

REFEREE Member Group 1 :

- YASHPAL SINGH, N-1 [U.P.]
- SHIVALI KUMARI, N-2 [H.P.]
- MONIKA, N-2 [PUN]

REFEREE Member Group 2 :

- ARTI YADAV, N-2 [U.P.]
- KRISHIKA SHARMA, N-2 [H.P.]
- SONU PRASAD, N-2 [U.P.]

REFEREE Member Group 3 :

- AMARNATH TYAGI, I-2 [U.P.]
- ANIL KUMAR, N-2 [H.P.]
- RESHMA, N-2 [DEL]

GROUP OF OTHER COMPETITION OFFICIALS

CHIEF MARSHAL Member Group 1 :

YUDHVIR SINGH, I-2 [J.K.]

SHIVAANSH DHALL, N-2 [HRN]

CHIEF MARSHAL Member Group 2 :

DALEEP SINGH, N-2 [J.K.]

SHUBHAM JAIN, N-1 [M.P.]

TIMEKEEPER Member Group 1 :

VIVEK DHIMAN, N-2 [CHD]

TIMEKEEPER Member Group 2 :

GULSHAN SAINI, N-2 [CHD]

TECHNICAL CONTROLLER Member Group 1 :

DUSHYANT KUMAR, N-2 [U.P.]

ASHWANI KUMAR, N-2 [H.P.]

TECHNICAL CONTROLLER Member Group 2 :

MONA SINHA, N-1 [U.P.]

SUDHISH KUMAR SINGH, N-1 [U.P.]

SECRETARY Member Group 1 :

SACHIN DAHIYA, N-2 [CHD]

PRADEEP KUMAR YADAV, I-2 [U.P.]

SECRETARY Member Group 2 :

AKANKSHA KAMALE, N-1 [M.P.]

PRADEEP YADAV, N-2 [U.P.]

KARTIK SHARMA, N-2 [U.P.]

TECHNICAL DELEGATE Member Group :

DR. SAHDEV YADAV, PRESIDENT, IWLF, I-1 [U.P.]

TIS ADMIN Member Group :

SUNEET CHOPRA, I-2 [U.P.]

SHIVAM MISHRA, N-1 [U.P.]

PURAN CHANDER, N-1 [DEL]

TIS ASSTT. Member Group :

SURYANSH TYAGI, N-2 [U.P.]

KARAN THAPA, N-1 [U.P.]

RENCU, N-2 [U.P.]

SPEAKER Member Group 1 :

KAMALDEEP SINGH, I-2 [CHD]

COMPETITION MANAGER Member Group 1 :

PARDEEP SHARMA, TREASURER-IWLF, I-1, [H.P.]

SPEAKER Member Group 2 :

ADITYA DWIVEDI, N-2 [M.P.]

COMPETITION MANAGER Member Group 2 :
PARDEEP SHARMA, TREASURER-IWLF, I-1, [H.P.]



ASMITA KHELO INDIA WOMEN WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India North Zone Women's Weightlifting League - 2025-26
Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



MEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
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WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	Sanjana	18.1.2007	NCOE	70.860	214	544.305
2	Sagun Rav	24.02.2005	U.P.	57.810	176	462.398
3	Mansi Chamunda	04.01.2007	U.P.	47.250	159	459.020
4	TAMANNA	13.10.2007	HRN	67.090	179	362.246
5	MAIBAM MARTINA DEVI	21.3.2006	U.P.	110.660	234	353.538
6	Diksha Yadav	10.07.2005	U.P.	57.150	161	343.955
7	NAINA	04.08.2006	HRN	68.700	167	287.668
8	ISHU	20.05.2007	HRN	61.220	151	240.117
9	KOMAL BHATI	30.07.2008	NCOE	71.870	166	234.107
10	Geetanjali Yadav	16.12.2006	U.P.	67.290	154	219.773
11	AARTI	23.7.2009	HRN	64.110	153	215.068
12	KIRTI SOLANKI	30.9.2006	DEL	73.610	159	202.889
13	MEGHNA BOHRA	10.8.2007	DEL	62.100	139	182.373
14	SANIYA	24.04.2006	HRN	50.310	126	177.566
15	Roli Verma	7.7.2008	NCOE	46.870	117	165.696
16	SHAGUN	10.01.2010	H.P.	52.970	122	159.521
17	SHIVANI SHARMA	18.12.2009	NCOE	48.110	121	155.218
18	Himanshi	10.03.2009	NCOE	43.000	113	147.614
19	Khushboo	27.1.2009	NCOE	43.380	111	139.112
20	KANAK	7.9.2009	DEL	62.520	122	118.238
21	AHANA KAPURIA	15.3.2005	U.P.	131.640	165	110.763
22	BEDIKA KAUSHAL	06.08.2010	CHD	75.950	132	109.338
23	NIYATI PARMAR	04.03.2010	H.P.	71.400	130	103.931
24	KAJAL	11.5.2007	NCOE	42.150	99	95.127
25	KHUSHBOO	7.8.2009	DEL	78.650	122	70.565
26	JASMEEN KAUR	30.07.2007	PUN	57.930	96	61.737
27	Nitu Kumari	20.2.2009	U.P.	72.390	108	56.139
28	NIHARIKA BAMBA	18.12.2006	DEL	54.990	93	55.558
29	KUMARI PRIYA GUPTA	17.01.2008	PUN	64.190	98	48.966
30	RHYTHM SHARMA	01.07.2007	PUN	90.870	118	36.368
31	Tania Sharma	31.07.2006	U.P.	81.180	96	31.828
32	Sabha Banoo	14.08.2006	J.K.	47.990	63	21.195
33	Ridhima Jasrotia	11.12.2008	J.K.	66.440	74	19.259
34	Manvi Mishra	07.03.2009	H.P.	86.750	94	17.087
35	JASMEET KAUR	23.8.2009	PUN	44.440	59	17.045
36	Huriya Fayaz	08.09.2009	J.K.	44.550	55	13.499
37	PRABSIMRAN KAUR	25.5.2007	PUN	60.070	58	10.000
38	Sania Bano	22.04.2007	J.K.	51.030	53	10.000
39	TANISHA	19.5.2008	DEL	66.950	50	5.237
40	Shantusti Chaudhary	28.10.2009	NCOE	85.990	--	