

# RESULTS BOOK

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## SENIOR



# 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



## SENIOR MEN's MEDALLISTS

|  | LIFT | RANK | RESULT | NAME | BORN | TEAM |
|--|------|------|--------|------|------|------|
|--|------|------|--------|------|------|------|

## SENIOR WOMEN's MEDALLISTS

|        | LIFT  | RANK | RESULT | NAME                | BORN       | TEAM |
|--------|-------|------|--------|---------------------|------------|------|
| 48 kg  | TOTAL | 1    | 179    | Komal Kohar         | 24.07.2002 | HRN  |
|        |       | 2    | 159    | Mansi Chamunda      | 04.01.2007 | U.P. |
|        |       | 3    | 92     | Najmeena Majeed     | 12.01.2001 | J.K. |
| 53 kg  | TOTAL | 1    | 164    | Gudiya              | 14.10.2001 | U.P. |
|        |       | 2    | 126    | SANIYA              | 24.04.2006 | HRN  |
|        |       | 3    | 121    | BHARTI              | 4.4.2002   | DEL  |
| 58 kg  | TOTAL | 1    | 176    | Sagun Rav           | 24.02.2005 | U.P. |
|        |       | 2    | 161    | Diksha Yadav        | 10.07.2005 | U.P. |
|        |       | 3    | 149    | NATASHA NEGI        | 20.02.1998 | H.P. |
| 63 kg  | TOTAL | 1    | 190    | Sonam Singh         | 18.12.2004 | U.P. |
|        |       | 2    | 150    | ADITI KAKKAR        | 26.11.1998 | DEL  |
|        |       | 3    | 139    | MANJU DEVI          | 16.05.2003 | HRN  |
| 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    | 132    | BEDIKA KAUSHAL      | 06.08.2010 | CHD  |
| 86 kg  | TOTAL | 1    | 160    | JIVAN LATA          | 15.01.2000 | PUN  |
|        |       | 2    | 75     | RAJESHWARI          | 01.07.1996 | UKD  |
|        |       | 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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04/12/2025 to 08/12/2025



## SENIOR SUMMARY TEAM CLASSIFICATION

| No. | Team        | MEN | WOMEN | SUMMARY |
|-----|-------------|-----|-------|---------|
| 1   | U.P. : U.P. | 0/0 | 210/8 | 210/8   |
| 2   | HRN : HRN   | 0/0 | 129/5 | 129/5   |
| 3   | DEL : DEL   | 0/0 | 111/5 | 111/5   |
| 4   | NCOE : NCOE | 0/0 | 75/5  | 75/5    |
| 5   | PUN : PUN   | 0/0 | 73/4  | 73/4    |
| 6   | H.P. : H.P. | 0/0 | 67/3  | 67/3    |
| 7   | UKD : UKD   | 0/0 | 46/2  | 46/2    |
| 8   | J.K. : J.K. | 0/0 | 42/3  | 42/3    |
| 9   | CHD : CHD   | 0/0 | 23/1  | 23/1    |



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04/12/2025 to 08/12/2025



## SENIOR MEN's TEAM CLASSIFICATION

| No. | Team | TOTAL |
|-----|------|-------|
|-----|------|-------|

# 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



## 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. | 25/1  | 28/1  | 53/2  | 28/1  | 23/1  | -     | -     | 53/2   | 210/8 |
| 2   | HRN : HRN   | 28/1  | 25/1  | -     | 23/1  | 53/2  | -     | -     | -      | 129/5 |
| 3   | DEL : DEL   | -     | 23/1  | 42/2  | 25/1  | -     | 21/1  | -     | -      | 111/5 |
| 4   | NCOE : NCOE | 0/1   | 22/1  | -     | -     | -     | 53/2  | 0/1   | -      | 75/5  |
| 5   | PUN : PUN   | -     | -     | -     | 22/1  | 0/1   | -     | 28/1  | 23/1   | 73/4  |
| 6   | H.P. : H.P. | -     | -     | 23/1  | -     | -     | 22/1  | -     | 22/1   | 67/3  |
| 7   | UKD : UKD   | -     | -     | 21/1  | -     | -     | -     | 25/1  | -      | 46/2  |
| 8   | J.K. : J.K. | 23/1  | -     | 19/1  | -     | 0/1   | -     | -     | -      | 42/3  |
| 9   | CHD : CHD   | -     | -     | -     | -     | -     | 23/1  | -     | -      | 23/1  |

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



## SENIOR SUMMARY MEDALS

| No. | Team        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-----|-------------|---|---|---|---|---|---|---|
| 1   | U.P. : U.P. | 4 | 3 | 1 |   |   |   |   |
| 2   | HRN : HRN   | 2 | 2 | 1 |   |   |   |   |
| 3   | NCOE : NCOE | 1 | 1 |   | 1 |   |   |   |
| 4   | PUN : PUN   | 1 |   | 1 | 1 |   |   |   |
| 5   | DEL : DEL   |   | 1 | 1 | 1 | 1 | 1 |   |
| 6   | UKD : UKD   |   | 1 |   |   | 1 |   |   |
| 7   | H.P. : H.P. |   |   | 1 | 2 |   |   |   |
| 8   | J.K. : J.K. |   |   | 1 |   |   |   | 1 |
| 9   | CHD : CHD   |   |   | 1 |   |   |   |   |



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



## SENIOR MEN 's MEDALS

| No. | Team |
|-----|------|
|-----|------|



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



## SENIOR WOMEN 's MEDALS

| No. | Team        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-----|-------------|---|---|---|---|---|---|---|
| 1   | U.P. : U.P. | 4 | 3 | 1 |   |   |   |   |
| 2   | HRN : HRN   | 2 | 2 | 1 |   |   |   |   |
| 3   | NCOE : NCOE | 1 | 1 |   | 1 |   |   |   |
| 4   | PUN : PUN   | 1 |   | 1 | 1 |   |   |   |
| 5   | DEL : DEL   |   | 1 | 1 | 1 | 1 | 1 |   |
| 6   | UKD : UKD   |   | 1 |   |   | 1 |   |   |
| 7   | H.P. : H.P. |   |   | 1 | 2 |   |   |   |
| 8   | J.K. : J.K. |   |   | 1 |   |   |   | 1 |
| 9   | 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 SENIOR WOMEN 48 kg

Competition : 05.12.2025 12:30

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 |
| 1   | 89  | [A] Komal Kohar     | 180  | HRN  | 24.07.2002 | 47.850 | 74     | 77 | 79 | 79   | 1    | 93           | 97 | 100 | 100  | 1    | 179   | 1    |
| 2   | 71  | [A] Mansi Chamunda  | 165  | U.P. | 04.01.2007 | 47.250 | 70     | 73 | 73 | 73   | 2    | 86           | 89 | 89  | 86   | 2    | 159   | 2    |
| 3   | 111 | [A] Najmeena Majeed | 90   | J.K. | 12.01.2001 | 47.950 | 40     | 40 | 43 | 40   | 3    | 52           | 52 | 55  | 52   | 3    | 92    | 3    |
|     | 75  | [A] SHIVANI         | 100  | NCOE | 7.10.2008  | 42.110 | 40     | 40 | 40 | 40   | 4    | 50           | 50 | 50  | --   |      | --    |      |

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04/12/2025 to 08/12/2025



## RESULT SENIOR 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   | 43  | [A] Gudiya       | 160  | U.P. | 14.10.2001 | 52.560 | 64     | 68 | 72 | 72   | 1    | 86           | 92 | -- | 92   | 1    | 164   | 1    |
| 2   | 94  | [A] SANIYA       | 110  | HRN  | 24.04.2006 | 50.310 | 55     | 58 | 60 | 58   | 2    | 66           | 68 | 68 | 68   | 3    | 126   | 2    |
| 3   | 99  | [A] BHARTI       | 118  | DEL  | 4.4.2002   | 52.200 | 53     | 56 | 56 | 53   | 3    | 68           | 72 | 73 | 68   | 2    | 121   | 3    |
| 4   | 123 | [A] POOJA SHARMA | 100  | NCOE | 09.11.2000 | 52.070 | 40     | 43 | 45 | 43   | 4    | 53           | 57 | 60 | 57   | 4    | 100   | 4    |

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



## RESULT SENIOR 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   | 115 | [A] NATASHA NEGI    | 138  | H.P. | 20.02.1998 | 57.450 | 63     | 66 | 66 | 66   | 3    | 75           | 79 | 83 | 83   | 3    | 149   | 3    |
| 4   | 119 | [A] KOMAL SINGHAL   | 108  | DEL  | 23.10.2005 | 56.300 | 47     | 47 | 50 | 47   | 4    | 58           | 63 | 63 | 58   | 5    | 105   | 4    |
| 5   | 98  | [A] SONAM PHARSWAN  | 115  | UKD  | 25.06.1998 | 56.530 | 45     | 50 | 51 | 45   | 5    | 60           | 63 | 63 | 60   | 4    | 105   | 5    |
| 6   | 40  | [A] UMANG           | 95   | DEL  | 18.1.2008  | 54.410 | 40     | 43 | 43 | 43   | 6    | 50           | 55 | 60 | 55   | 6    | 98    | 6    |
| 7   | 66  | [A] Adeeba Khurshid | 55   | J.K. | 20.09.2004 | 57.010 | 25     | 28 | 29 | 29   | 7    | 30           | 30 | 33 | 30   | 7    | 59    | 7    |

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04/12/2025 to 08/12/2025



## RESULT SENIOR 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   | 47  | [A] Sonam Singh     | 185  | U.P. | 18.12.2004 | 60.250 | 78     | 81 | 84 | 84   | 1    | 98           | 102 | 106 | 106  | 1    | 190   | 1    |
| 2   | 53  | [A] ADITI KAKKAR    | 160  | DEL  | 26.11.1998 | 62.850 | 63     | 67 | 71 | 67   | 3    | 83           | 83  | 83  | 83   | 2    | 150   | 2    |
| 3   | 59  | [A] MANJU DEVI      | 155  | HRN  | 16.05.2003 | 62.400 | 65     | 67 | 69 | 69   | 2    | 70           | 75  | 77  | 70   | 3    | 139   | 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    |

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04/12/2025 to 08/12/2025



## RESULT SENIOR 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   | 3    | 154   | 3    |
|     | 88  | [A] Salbeena Aslam Shalla | 140  | J.K. | 28.08.1998 | 67.000 | 57     | 57 | 57 | 57   | 4    | 78           | 78 | 78 | --   |      | --    |      |
|     | 33  | [A] HEENA BEGAM           | 120  | PUN  | 11.10.2004 | 63.700 | 45     | 45 | 45 | --   |      | --           | -- | -- | --   |      | --    |      |



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04/12/2025 to 08/12/2025



## RESULT SENIOR 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   | 2    | 166   | 2    |
| 3   | 7   | [A] BEDIKA KAUSHAL | 110  | CHD  | 06.08.2010 | 75.950 | 52     | 55 | 55 | 55   | 5    | 73           | 73  | 77  | 77   | 3    | 132   | 3    |
| 4   | 20  | [A] NIYATI PARMAR  | 129  | H.P. | 04.03.2010 | 71.400 | 53     | 53 | 56 | 56   | 3    | 70           | 70  | 74  | 74   | 4    | 130   | 4    |
| 5   | 3   | [A] PAYAL          | 112  | DEL  | 20.08.2004 | 69.720 | 48     | 53 | 55 | 55   | 4    | 58           | 64  | 64  | 58   | 5    | 113   | 5    |

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04/12/2025 to 08/12/2025



## RESULT SENIOR 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   | 85  | [A] JIVAN LATA          | 180  | PUN  | 15.01.2000 | 84.190 | 70     | 70 | 75 | 70   | 1    | 90           | -- | -- | 90   | 1    | 160   | 1    |
| 2   | 105 | [A] RAJESHWARI          | 80   | UKD  | 01.07.1996 | 80.330 | 30     | 30 | 35 | 35   | 3    | 40           | 46 | 46 | 40   | 2    | 75    | 2    |
|     | 56  | [A] Shantusti Chaudhary | 170  | NCOE | 28.10.2009 | 85.990 | 60     | -- | -- | 60   | 2    | 90           | 90 | 90 | --   |      | --    |      |



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



## RESULT SENIOR 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    |

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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

## 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.]

# 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 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.]

# 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 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.]



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## MEN 's ROBI TOTAL POINT

| R. | NAME | BORN | TEAM | B.WEIGHT | TOTAL | POINT |
|----|------|------|------|----------|-------|-------|
|----|------|------|------|----------|-------|-------|

## WOMEN 's ROBI TOTAL POINT

| R. | NAME                  | BORN       | TEAM | B.WEIGHT | TOTAL | POINT   |
|----|-----------------------|------------|------|----------|-------|---------|
| 1  | Komal Kohar           | 24.07.2002 | HRN  | 47.850   | 179   | 561.185 |
| 2  | Sanjana               | 18.1.2007  | NCOE | 70.860   | 214   | 419.301 |
| 3  | Sonam Singh           | 18.12.2004 | U.P. | 60.250   | 190   | 386.244 |
| 4  | Mansi Chamunda        | 04.01.2007 | U.P. | 47.250   | 159   | 378.594 |
| 5  | Sagun Rav             | 24.02.2005 | U.P. | 57.810   | 176   | 377.388 |
| 6  | Gudiya                | 14.10.2001 | U.P. | 52.560   | 164   | 360.290 |
| 7  | MAIBAM MARTINA DEVI   | 21.3.2006  | U.P. | 110.660  | 234   | 335.791 |
| 8  | Diksha Yadav          | 10.07.2005 | U.P. | 57.150   | 161   | 280.720 |
| 9  | TAMANNA               | 13.10.2007 | HRN  | 67.090   | 179   | 255.270 |
| 10 | NATASHA NEGI          | 20.02.1998 | H.P. | 57.450   | 149   | 217.033 |
| 11 | NAINA                 | 04.08.2006 | HRN  | 68.700   | 167   | 202.716 |
| 12 | KOMAL BHATI           | 30.07.2008 | NCOE | 71.870   | 166   | 180.343 |
| 13 | ADITI KAKKAR          | 26.11.1998 | DEL  | 62.850   | 150   | 176.127 |
| 14 | Geetanjali Yadav      | 16.12.2006 | U.P. | 67.290   | 154   | 154.871 |
| 15 | SANIYA                | 24.04.2006 | HRN  | 50.310   | 126   | 150.100 |
| 16 | JIVAN LATA            | 15.01.2000 | PUN  | 84.190   | 160   | 140.282 |
| 17 | MANJU DEVI            | 16.05.2003 | HRN  | 62.400   | 139   | 136.756 |
| 18 | BHARTI                | 4.4.2002   | DEL  | 52.200   | 121   | 131.209 |
| 19 | AHANA KAPURIA         | 15.3.2005  | U.P. | 131.640  | 165   | 105.203 |
| 20 | BEDIKA KAUSHAL        | 06.08.2010 | CHD  | 75.950   | 132   | 84.227  |
| 21 | NIYATI PARMAR         | 04.03.2010 | H.P. | 71.400   | 130   | 80.062  |
| 22 | POOJA SHARMA          | 09.11.2000 | NCOE | 52.070   | 100   | 69.656  |
| 23 | KOMAL SINGHAL         | 23.10.2005 | DEL  | 56.300   | 105   | 67.858  |
| 24 | SONAM PHARSWAN        | 25.06.1998 | UKD  | 56.530   | 105   | 67.858  |
| 25 | Najmeena Majeed       | 12.01.2001 | J.K. | 47.950   | 92    | 61.497  |
| 26 | UMANG                 | 18.1.2008  | DEL  | 54.410   | 98    | 53.959  |
| 27 | PAYAL                 | 20.08.2004 | DEL  | 69.720   | 113   | 50.262  |
| 28 | RHYTHM SHARMA         | 01.07.2007 | PUN  | 90.870   | 118   | 34.542  |
| 29 | Manvi Mishra          | 07.03.2009 | H.P. | 86.750   | 94    | 16.229  |
| 30 | RAJESHWARI            | 01.07.1996 | UKD  | 80.330   | 75    | 11.321  |
| 31 | Adeeba Khurshid       | 20.09.2004 | J.K. | 57.010   | 59    | 10.000  |
| 32 | PRABSIMRAN KAUR       | 25.5.2007  | PUN  | 60.070   | 58    | 7.499   |
| 33 | SHIVANI               | 7.10.2008  | NCOE | 42.110   | --    |         |
| 34 | Shantusti Chaudhary   | 28.10.2009 | NCOE | 85.990   | --    |         |
| 35 | HEENA BEGAM           | 11.10.2004 | PUN  | 63.700   | --    |         |
| 36 | Salbeena Aslam Shalla | 28.08.1998 | J.K. | 67.000   | --    |         |