

RESULTS BOOK



YOUTH



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



YOUTH MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
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YOUTH WOMEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
44 kg	TOTAL	1	113	Himanshi	10.03.2009	NCOE
		2	111	Khushboo	27.1.2009	NCOE
		3	79	Priyanka Devi	06.11.2011	J.K.
48 kg	TOTAL	1	131	Bandana Bharali	31.10.2012	U.P.
		2	127	LOVEJOT KAUR	13.11.2010	PUN
		3	117	Roli Verma	7.7.2008	NCOE
53 kg	TOTAL	1	135	NISHA	1.1.2011	NCOE
		2	122	SHAGUN	10.01.2010	H.P.
		3	121	SHIVANI SHARMA	18.12.2009	NCOE
58 kg	TOTAL	1	138	Prachi Vijay Mali	29.09.2010	U.P.
		2				
		3				
63 kg	TOTAL	1	139	Panchana Borah	14.8.2011	NCOE
		2				
		3				
69 kg	TOTAL	1	153	AARTI	23.7.2009	HRN
		2	123	VARSHA VAISHNAV	20.4.2008	DEL
		3	81	SONAKSHI	15.9.2012	DEL
77 kg	TOTAL	1	166	KOMAL BHATI	30.07.2008	NCOE
		2	132	BEDIKA KAUSHAL	06.08.2010	CHD
		3	130	NIYATI PARMAR	04.03.2010	H.P.
+77 kg	TOTAL	1	104	Parakriti Rao	16.9.2009	U.P.
		2	95	SUKHPREET KAUR	24.6.2011	PUN
		3	82	Zikra Parvaiz	25.12.2009	J.K.



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



YOUTH SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	NCOE : NCOE	0/0	203/9	203/9
2	J.K. : J.K.	0/0	152/7	152/7
3	U.P. : U.P.	0/0	127/5	127/5
4	DEL : DEL	0/0	111/5	111/5
5	H.P. : H.P.	0/0	106/5	106/5
6	PUN : PUN	0/0	88/4	88/4
7	HRN : HRN	0/0	49/2	49/2
8	CHD : CHD	0/0	25/1	25/1



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



YOUTH MEN's TEAM CLASSIFICATION

No.	Team	TOTAL
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YOUTH WOMEN's TEAM CLASSIFICATION

No.	Team	44 kg	48 kg	53 kg	58 kg	63 kg	69 kg	77 kg	+77 kg	TOTAL
1	NCOE : NCOE	53/2	23/1	71/3	-	28/1	-	28/1	0/1	203/9
2	J.K. : J.K.	44/2	43/2	-	-	-	22/1	20/1	23/1	152/7
3	U.P. : U.P.	-	28/1	22/1	28/1	-	-	21/1	28/1	127/5
4	DEL : DEL	41/2	-	-	-	-	48/2	22/1	-	111/5
5	H.P. : H.P.	20/1	20/1	43/2	-	-	-	23/1	-	106/5
6	PUN : PUN	-	44/2	19/1	-	-	-	-	25/1	88/4
7	HRN : HRN	-	-	21/1	-	-	28/1	-	-	49/2
8	CHD : CHD	-	-	-	-	-	-	25/1	-	25/1

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



YOUTH SUMMARY MEDALS

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



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



YOUTH MEN 's MEDALS

No.	Team
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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



YOUTH WOMEN 's MEDALS

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

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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 YOUTH WOMEN 44 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	117	[A] Himanshi	120	NCOE	10.03.2009	43.000	47	47	49	49	2	64	64	67	64	1	113	1
2	77	[A] Khushboo	110	NCOE	27.1.2009	43.380	46	49	51	51	1	60	60	60	60	2	111	2
3	4	[A] Priyanka Devi	55	J.K.	06.11.2011	41.990	30	30	33	33	4	38	46	46	46	3	79	3
4	32	[A] GEETANJALI	79	DEL	4.11.2011	42.880	35	38	41	38	3	40	45	45	40	4	78	4
5	104	[A] Manvi Devi	50	J.K.	13.06.2012	41.900	25	28	31	31	5	28	32	36	32	7	63	5
6	17	[A] SAJIYA	54	H.P.	11.09.2012	36.480	24	27	27	24	7	32	35	38	38	5	62	6
7	62	[A] MONIKA YADAV	58	DEL	14.1.2011	41.880	27	30	30	27	6	28	33	38	33	6	60	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 YOUTH 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	19	[A] Bandana Bharali	100	U.P.	31.10.2012	47.740	52	55	57	57	1	65	70	74	74	1	131	1
2	100	[A] LOVEJOT KAUR	130	PUN	13.11.2010	46.140	55	55	61	55	3	67	72	77	72	2	127	2
3	18	[A] Roli Verma	115	NCOE	7.7.2008	46.870	51	53	56	56	2	61	65	65	61	3	117	3
4	1	[A] Sameksha Dubey	90	J.K.	21.09.2010	46.670	40	40	42	42	4	54	58	58	58	4	100	4
5	69	[A] Akashra Kumari	75	J.K.	23.03.2012	45.800	37	37	40	37	6	45	45	50	45	5	82	5
6	58	[A] TAMNNA KHAN	77	H.P.	10.02.2010	44.950	34	38	42	38	5	41	44	46	41	6	79	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

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT YOUTH 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	130	[A] NISHA	140	NCOE	1.1.2011	50.170	57	61	61	61	1	67	74	81	74	1	135	1
2	48	[A] SHAGUN	120	H.P.	10.01.2010	52.970	49	52	55	52	3	63	68	70	70	2	122	2
3	41	[A] SHIVANI SHARMA	135	NCOE	18.12.2009	48.110	52	56	60	56	2	65	65	65	65	4	121	3
4	42	[A] Chummi Rughu	110	U.P.	13.08.2010	51.370	51	54	54	51	4	66	72	72	66	3	117	4
5	107	[A] ANVI	100	HRN	21.12.2011	52.720	45	48	50	50	5	55	60	62	62	5	112	5
6	140	[A] UTKARSHA SAINI	117	NCOE	18.1.2008	51.220	47	47	49	47	6	53	57	57	57	6	104	6
7	12	[A] SHALINI	95	PUN	01.01.2009	49.220	38	41	43	41	7	45	45	47	45	7	86	7
8	102	[A] Khushmeet Kaur	82	H.P.	28.09.2009	52.620	37	40	40	37	8	43	48	50	43	8	80	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 YOUTH 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	124	[A] Prachi Vijay Mali	120	U.P.	29.09.2010	56.690	53	57	60	60	1	71	75	78	78	1	138	1



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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT YOUTH 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	5	[A] Panchana Borah	130	NCOE	14.8.2011	62.650	60	64	67	64	1	75	80	80	75	1	139	1

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Yadav Farm House - Modinagar-UTTAR PRADESH

04/12/2025 to 08/12/2025



RESULT YOUTH 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	110	[A] AARTI	155	HRN	23.7.2009	64.110	65	65	68	68	1	78	83	85	85	1	153	1
2	26	[A] VARSHA VAISHNAV	123	DEL	20.4.2008	66.470	50	55	60	55	2	60	68	68	68	2	123	2
3	82	[A] SONAKSHI	84	DEL	15.9.2012	63.470	35	35	38	35	3	43	46	46	46	3	81	3
4	78	[A] Ridhima Jasrotia	70	J.K.	11.12.2008	66.440	34	36	36	34	4	40	44	46	40	4	74	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 YOUTH 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	72	[A] KOMAL BHATI	155	NCOE	30.07.2008	71.870	73	75	77	77	1	83	86	89	89	1	166	1
2	7	[A] BEDIKA KAUSHAL	110	CHD	06.08.2010	75.950	52	55	55	55	3	73	73	77	77	2	132	2
3	20	[A] NIYATI PARMAR	129	H.P.	04.03.2010	71.400	53	53	56	56	2	70	70	74	74	3	130	3
4	76	[A] SWATI	120	DEL	11.09.2011	74.510	53	53	53	53	4	65	65	73	65	4	118	4
5	55	[A] Nitu Kumari	110	U.P.	20.2.2009	72.390	48	48	48	48	5	52	55	60	60	5	108	5
6	9	[A] Liza	60	J.K.	19.06.2009	76.580	30	33	35	35	6	34	37	37	37	6	72	6



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04/12/2025 to 08/12/2025



RESULT YOUTH WOMEN +77 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	91	[A] Parakriti Rao	115	U.P.	16.9.2009	77.630	45	45	48	48	2	50	56	61	56	1	104	1
2	132	[A] SUKHPREET KAUR	92	PUN	24.6.2011	92.040	42	45	48	45	3	50	56	60	50	2	95	2
3	28	[A] Zikra Parvaiz	85	J.K.	25.12.2009	81.100	32	36	42	42	4	40	45	47	40	3	82	3
	56	[A] Shantusti Chaudhary	170	NCOE	28.10.2009	85.990	60	--	--	60	1	90	90	90	--		--	

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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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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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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	Bandana Bharali	31.10.2012	U.P.	47.740	131	397.004
2	LOVEJOT KAUR	13.11.2010	PUN	46.140	127	358.143
3	Himanshi	10.03.2009	NCOE	43.000	113	308.505
4	KOMAL BHATI	30.07.2008	NCOE	71.870	166	306.405
5	NISHA	1.1.2011	NCOE	50.170	135	294.771
6	Khushboo	27.1.2009	NCOE	43.380	111	290.736
7	Prachi Vijay Mali	29.09.2010	U.P.	56.690	138	286.730
8	AARTI	23.7.2009	HRN	64.110	153	277.720
9	Roli Verma	7.7.2008	NCOE	46.870	117	272.732
10	Panchana Borah	14.8.2011	NCOE	62.650	139	231.235
11	SHAGUN	10.01.2010	H.P.	52.970	122	210.575
12	SHIVANI SHARMA	18.12.2009	NCOE	48.110	121	204.896
13	Chummi Rughu	13.08.2010	U.P.	51.370	117	183.246
14	Sameksha Dubey	21.09.2010	J.K.	46.670	100	161.893
15	ANVI	21.12.2011	HRN	52.720	112	158.498
16	BEDIKA KAUSHAL	06.08.2010	CHD	75.950	132	143.104
17	NIYATI PARMAR	04.03.2010	H.P.	71.400	130	136.027
18	VARSHA VAISHNAV	20.4.2008	DEL	66.470	123	134.503
19	UTKARSHA SAINI	18.1.2008	NCOE	51.220	104	123.911
20	SWATI	11.09.2011	DEL	74.510	118	98.605
21	Priyanka Devi	06.11.2011	J.K.	41.990	79	93.943
22	GEETANJALI	4.11.2011	DEL	42.880	78	90.050
23	Akashra Kumari	23.03.2012	J.K.	45.800	82	83.738
24	TAMNNA KHAN	10.02.2010	H.P.	44.950	79	73.987
25	Nitu Kumari	20.2.2009	U.P.	72.390	108	73.476
26	SHALINI	01.01.2009	PUN	49.220	86	65.907
27	Khushmeet Kaur	28.09.2009	H.P.	52.620	80	51.832
28	Manvi Devi	13.06.2012	J.K.	41.900	63	44.296
29	Parakriti Rao	16.9.2009	U.P.	77.630	104	43.626
30	SAJIYA	11.09.2012	H.P.	36.480	62	42.003
31	MONIKA YADAV	14.1.2011	DEL	41.880	60	37.668
32	SONAKSHI	15.9.2012	DEL	63.470	81	33.579
33	SUKHPREET KAUR	24.6.2011	PUN	92.040	95	32.297
34	JASMEET KAUR	23.8.2009	PUN	44.440	59	28.055
35	Ridhima Jasrotia	11.12.2008	J.K.	66.440	74	24.870
36	Zikra Parvaiz	25.12.2009	J.K.	81.100	82	19.809
37	Liza	19.06.2009	J.K.	76.580	72	19.107
38	Shantusti Chaudhary	28.10.2009	NCOE	85.990	--	