

# RESULTS BOOK

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## SENIOR



# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## SENIOR MEN's MEDALLISTS

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

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

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KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## SENIOR WOMEN's MEDALLISTS

|       | LIFT   | RANK | RESULT | NAME               | BORN       | TEAM  |
|-------|--------|------|--------|--------------------|------------|-------|
| 48 kg | SNATCH | 1    | 65     | ANNU KUMARI        | 27-11-2008 | RAJ   |
|       |        | 2    | 56     | Humanshi Gurjar    | 26-09-2003 | DUS   |
|       |        | 3    | 55     | RAJESHWARI         | 07-08-2005 | BARAN |
|       | C&Jerk | 1    | 83     | ANNU KUMARI        | 27-11-2008 | RAJ   |
|       |        | 2    | 68     | Humanshi Gurjar    | 26-09-2003 | DUS   |
|       |        | 3    | 67     | NIKITA             | 12-10-2002 | HNM   |
|       | TOTAL  | 1    | 148    | ANNU KUMARI        | 27-11-2008 | RAJ   |
|       |        | 2    | 124    | Humanshi Gurjar    | 26-09-2003 | DUS   |
|       |        | 3    | 120    | RAJESHWARI         | 07-08-2005 | BARAN |
| 53 kg | SNATCH | 1    | 72     | Vidhya Sharma      | 20-01-2005 | GUJ   |
|       |        | 2    | 63     | Neha Dholi         | 15-07-2006 | RAJ   |
|       |        | 3    | 63     | LAXMI TIWARI       | 29-12-2006 | BARAN |
|       | C&Jerk | 1    | 92     | Vidhya Sharma      | 20-01-2005 | GUJ   |
|       |        | 2    | 85     | Neha Dholi         | 15-07-2006 | RAJ   |
|       |        | 3    | 81     | POONAM             | 01-07-2005 | CHR   |
|       | TOTAL  | 1    | 164    | Vidhya Sharma      | 20-01-2005 | GUJ   |
|       |        | 2    | 148    | Neha Dholi         | 15-07-2006 | RAJ   |
|       |        | 3    | 144    | LAXMI TIWARI       | 29-12-2006 | BARAN |
| 58 kg | SNATCH | 1    | 78     | Ananya Patil       | 14-01-2001 | MHR   |
|       |        | 2    | 74     | Nishigandha Kadole | 03-02-2010 | MHR   |
|       |        | 3    | 66     | CHAITANYA PARMAR   | 25-05-2006 | M.P.  |
|       | C&Jerk | 1    | 91     | Ananya Patil       | 14-01-2001 | MHR   |
|       |        | 2    | 85     | Nishigandha Kadole | 03-02-2010 | MHR   |
|       |        | 3    | 82     | CHAITANYA PARMAR   | 25-05-2006 | M.P.  |
|       | TOTAL  | 1    | 169    | Ananya Patil       | 14-01-2001 | MHR   |
|       |        | 2    | 159    | Nishigandha Kadole | 03-02-2010 | MHR   |
|       |        | 3    | 148    | CHAITANYA PARMAR   | 25-05-2006 | M.P.  |
| 63 kg | SNATCH | 1    | 78     | SONALI YADU        | 19-09-2002 | C.G.  |
|       |        | 2    | 77     | Pragya Sharma      | 23-07-2005 | RAJ   |
|       |        | 3    | 75     | MUSKAN SHEIKH      | 12-05-2004 | M.P.  |
|       | C&Jerk | 1    | 104    | SONALI YADU        | 19-09-2002 | C.G.  |
|       |        | 2    | 97     | Pragya Sharma      | 23-07-2005 | RAJ   |
|       |        | 3    | 91     | MUSKAN SHEIKH      | 12-05-2004 | M.P.  |
|       | TOTAL  | 1    | 182    | SONALI YADU        | 19-09-2002 | C.G.  |
|       |        | 2    | 174    | Pragya Sharma      | 23-07-2005 | RAJ   |
|       |        | 3    | 166    | MUSKAN SHEIKH      | 12-05-2004 | M.P.  |
| 69 kg | SNATCH | 1    | 81     | ANKITA             | 10-04-2006 | RAJ   |
|       |        | 2    | 72     | Nidhi Gandhi       | 13-10-1999 | GUJ   |
|       |        | 3    | 70     | Punam Kakade       | 18-07-2008 | MHR   |
|       | C&Jerk | 1    | 100    | ANKITA             | 10-04-2006 | RAJ   |
|       |        | 2    | 90     | Punam Kakade       | 18-07-2008 | MHR   |
|       |        | 3    | 83     | Nidhi Gandhi       | 13-10-1999 | GUJ   |
|       | TOTAL  | 1    | 181    | ANKITA             | 10-04-2006 | RAJ   |
|       |        | 2    | 160    | Punam Kakade       | 18-07-2008 | MHR   |
|       |        | 3    | 155    | Nidhi Gandhi       | 13-10-1999 | GUJ   |

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## SENIOR WOMEN's MEDALLISTS

|        | LIFT   | RANK | RESULT | NAME                     | BORN       | TEAM |
|--------|--------|------|--------|--------------------------|------------|------|
| 77 kg  | SNATCH | 1    | 85     | ARMANDEEP KOUR           | 07-10-2002 | RAJ  |
|        |        | 2    | 76     | Kumkum                   | 02-11-2005 | SGNR |
|        |        | 3    | 75     | Annpurna Choudhary       | 21-10-2005 | BKN  |
|        | C&Jerk | 1    | 95     | ARMANDEEP KOUR           | 07-10-2002 | RAJ  |
|        |        | 2    | 87     | Annpurna Choudhary       | 21-10-2005 | BKN  |
|        |        | 3    | 85     | Kumkum                   | 02-11-2005 | SGNR |
|        | TOTAL  | 1    | 180    | ARMANDEEP KOUR           | 07-10-2002 | RAJ  |
|        |        | 2    | 162    | Annpurna Choudhary       | 21-10-2005 | BKN  |
|        |        | 3    | 161    | Kumkum                   | 02-11-2005 | SGNR |
| 86 kg  | SNATCH | 1    | 79     | Kanta                    | 08-07-1997 | SGNR |
|        |        | 2    | 77     | Ritu                     | 10-12-1996 | JPR  |
|        |        | 3    | 70     | Sapara Kinjal Manojbhai  | 14-06-1999 | DUS  |
|        | C&Jerk | 1    | 98     | Ritu                     | 10-12-1996 | JPR  |
|        |        | 2    | 90     | Kanta                    | 08-07-1997 | SGNR |
|        |        | 3    | 90     | Sakshi Vishwas Haldankar | 13-11-2002 | GOA  |
|        | TOTAL  | 1    | 175    | Ritu                     | 10-12-1996 | JPR  |
|        |        | 2    | 169    | Kanta                    | 08-07-1997 | SGNR |
|        |        | 3    | 160    | Sakshi Vishwas Haldankar | 13-11-2002 | GOA  |
| +86 kg | SNATCH | 1    | 68     | ARCHANA                  | 24-08-1997 | SKR  |
|        |        | 2    | 67     | KAJAL SAHU               | 09-10-2004 | C.G. |
|        |        | 3    | 67     | Neelam                   | 28-12-1998 | RAJ  |
|        | C&Jerk | 1    | 98     | ARCHANA                  | 24-08-1997 | SKR  |
|        |        | 2    | 80     | KAJAL SAHU               | 09-10-2004 | C.G. |
|        |        | 3    | 78     | Neelam                   | 28-12-1998 | RAJ  |
|        | TOTAL  | 1    | 166    | ARCHANA                  | 24-08-1997 | SKR  |
|        |        | 2    | 147    | KAJAL SAHU               | 09-10-2004 | C.G. |
|        |        | 3    | 145    | Neelam                   | 28-12-1998 | RAJ  |

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## SENIOR SUMMARY TEAM CLASSIFICATION

| No. | Team                  | MEN | WOMEN  | SUMMARY |
|-----|-----------------------|-----|--------|---------|
| 1   | RAJ : JODHPUR         | 0/0 | 533/7  | 533/7   |
| 2   | C.G. : CHHATTISGARH   | 0/0 | 531/8  | 531/8   |
| 3   | JPR : JAIPUR          | 0/0 | 478/10 | 478/10  |
| 4   | GUJ : GUJARAT         | 0/0 | 470/8  | 470/8   |
| 5   | GOA : GOA             | 0/0 | 318/5  | 318/5   |
| 6   | MHR : MAHARASHTRA     | 0/0 | 302/5  | 302/5   |
| 7   | SGNR : SRI GANGANAGAR | 0/0 | 231/4  | 231/4   |
| 8   | BKN : BIKANER         | 0/0 | 230/4  | 230/4   |
| 9   | M.P. : MADHYA PRADESH | 0/0 | 215/5  | 215/5   |
| 10  | CHR : CHURU           | 0/0 | 173/3  | 173/3   |
| 11  | ALW : ALWAR           | 0/0 | 147/3  | 147/3   |
| 12  | DUS : DAUSA           | 0/0 | 142/2  | 142/2   |
| 13  | BARAN : BARAN         | 0/0 | 135/2  | 135/2   |
| 14  | UDR : UDAIPUR         | 0/0 | 121/3  | 121/3   |
| 15  | HNM : HANUMANGARH     | 0/0 | 108/2  | 108/2   |
| 16  | SKR : SIKAR           | 0/0 | 84/1   | 84/1    |
| 17  | JOD : JODHPUR         | 0/0 | 71/2   | 71/2    |
| 18  | TNK : TONK            | 0/0 | 51/2   | 51/2    |
| 19  | CTG : CHITTORGARH     | 0/0 | 42/1   | 42/1    |
| 20  | AJM : AJMER           | 0/0 | 0/1    | 0/1     |



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## SENIOR MEN's TEAM CLASSIFICATION

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

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## SENIOR WOMEN's TEAM CLASSIFICATION

| No. | Team                  | 48 kg | 53 kg | 58 kg | 63 kg | 69 kg | 77 kg | 86 kg | +86 kg | TOTAL  |
|-----|-----------------------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
| 1   | RAJ : JODHPUR         | 146/2 | 75/1  | -     | 75/1  | 84/1  | 84/1  | -     | 69/1   | 533/7  |
| 2   | C.G. : CHHATTISGARH   | -     | 64/1  | 60/1  | 149/2 | 66/1  | 57/1  | 60/1  | 75/1   | 531/8  |
| 3   | JPR : JAIPUR          | 36/1  | 57/1  | 0/1   | -     | 57/2  | 128/2 | 138/2 | 62/1   | 478/10 |
| 4   | GUJ : GUJARAT         | 66/1  | 84/1  | 0/1   | 64/1  | 71/1  | 61/1  | 63/1  | 61/1   | 470/8  |
| 5   | GOA : GOA             | -     | -     | 65/1  | 56/1  | 63/1  | -     | 68/1  | 66/1   | 318/5  |
| 6   | MHR : MAHARASHTRA     | -     | -     | 159/2 | 19/1  | 73/1  | 51/1  | -     | -      | 302/5  |
| 7   | SGNR : SRI GANGANAGAR | -     | -     | 22/1  | -     | 60/1  | 71/1  | 78/1  | -      | 231/4  |
| 8   | BKN : BIKANER         | 44/1  | -     | 56/1  | 57/1  | -     | 73/1  | -     | -      | 230/4  |
| 9   | M.P. : MADHYA PRADESH | 57/1  | -     | 69/1  | 89/2  | -     | -     | -     | 0/1    | 215/5  |
| 10  | CHR : CHURU           | 53/1  | 120/2 | -     | -     | -     | -     | -     | -      | 173/3  |
| 11  | ALW : ALWAR           | 40/1  | -     | 53/1  | -     | -     | 54/1  | -     | -      | 147/3  |
| 12  | DUS : DAUSA           | 75/1  | -     | -     | -     | -     | -     | 67/1  | -      | 142/2  |
| 13  | BARAN : BARAN         | 67/1  | 68/1  | -     | -     | -     | -     | -     | -      | 135/2  |
| 14  | UDR : UDAIPUR         | -     | 60/1  | 61/1  | -     | 0/1   | -     | -     | -      | 121/3  |
| 15  | HNM : HANUMANGARH     | 108/2 | -     | -     | -     | -     | -     | -     | -      | 108/2  |
| 16  | SKR : SIKAR           | -     | -     | -     | -     | -     | -     | -     | 84/1   | 84/1   |
| 17  | JOD : JODHPUR         | 55/1  | -     | -     | 16/1  | -     | -     | -     | -      | 71/2   |
| 18  | TNK : TONK            | -     | 51/1  | -     | -     | 0/1   | -     | -     | -      | 51/2   |
| 19  | CTG : CHITTORGARH     | 42/1  | -     | -     | -     | -     | -     | -     | -      | 42/1   |
| 20  | AJM : AJMER           | -     | -     | -     | 0/1   | -     | -     | -     | -      | 0/1    |

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## SENIOR SUMMARY MEDALS

| No. | Team                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|-----|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| 1   | RAJ : JODHPUR         | 9 | 6 | 3 |   | 2 | 1 |   |   |   |    |    |    |    |    |
| 2   | MHR : MAHARASHTRA     | 3 | 5 | 1 |   |   |   | 1 |   | 3 |    |    |    |    |    |
| 3   | C.G. : CHHATTISGARH   | 3 | 3 |   | 6 | 3 | 6 | 3 |   |   |    |    |    |    |    |
| 4   | GUJ : GUJARAT         | 3 | 1 | 2 | 4 | 7 | 4 |   |   |   |    |    |    |    |    |
| 5   | SKR : SIKAR           | 3 |   |   |   |   |   |   |   |   |    |    |    |    |    |
| 6   | JPR : JAIPUR          | 2 | 1 |   | 3 | 4 | 2 | 9 |   |   |    |    |    |    | 3  |
| 7   | SGNR : SRI GANGANAGAR | 1 | 3 | 2 | 1 |   | 3 |   |   |   |    |    |    |    |    |
| 8   | DUS : DAUSA           |   | 3 | 1 | 2 |   |   |   |   |   |    |    |    |    |    |
| 9   | BKN : BIKANER         |   | 2 | 1 |   |   | 1 | 3 | 2 |   |    | 2  | 1  |    |    |
| 10  | M.P. : MADHYA PRADESH |   |   | 6 |   |   | 1 | 3 |   |   |    |    |    |    |    |
| 11  | BARAN : BARAN         |   |   | 4 | 1 | 1 |   |   |   |   |    |    |    |    |    |
| 12  | GOA : GOA             |   |   | 2 | 6 | 4 | 1 | 1 |   | 1 |    |    |    |    |    |
| 13  | CHR : CHURU           |   |   | 1 | 1 | 1 |   |   | 5 | 1 |    |    |    |    |    |
| 14  | HNM : HANUMANGARH     |   |   | 1 |   |   | 1 |   |   | 1 | 3  |    |    |    |    |
| 15  | UDR : UDAIPUR         |   |   |   |   | 2 | 3 | 1 |   |   |    |    |    |    |    |
| 16  | JOD : JODHPUR         |   |   |   |   |   | 1 |   | 1 | 1 | 1  |    |    |    |    |
| 17  | ALW : ALWAR           |   |   |   |   |   |   |   | 5 | 1 |    |    | 1  | 2  |    |
| 18  | TNK : TONK            |   |   |   |   |   |   |   |   | 3 |    |    |    |    |    |
| 19  | CTG : CHITTORGARH     |   |   |   |   |   |   |   |   |   |    | 1  | 1  | 1  |    |
| 20  | AJM : AJMER           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |



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## SENIOR MEN 's MEDALS

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

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## SENIOR WOMEN 's MEDALS

| No. | Team                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|-----|-----------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| 1   | RAJ : RAJASTHAN       | 9 | 6 | 3 |   | 2 | 1 |   |   |   |    |    |    |    |    |
| 2   | MHR : MAHARASHTRA     | 3 | 5 | 1 |   |   |   | 1 |   | 3 |    |    |    |    |    |
| 3   | C.G. : CHHATTISGARH   | 3 | 3 |   | 6 | 3 | 6 | 3 |   |   |    |    |    |    |    |
| 4   | GUJ : GUJARAT         | 3 | 1 | 2 | 4 | 7 | 4 |   |   |   |    |    |    |    |    |
| 5   | SKR : SIKAR           | 3 |   |   |   |   |   |   |   |   |    |    |    |    |    |
| 6   | JPR : JAIPUR          | 2 | 1 |   | 3 | 4 | 2 | 9 |   |   |    |    |    |    | 3  |
| 7   | SGNR : SRI GANGANAGAR | 1 | 3 | 2 | 1 |   | 3 |   |   |   |    |    |    |    |    |
| 8   | DUS : DAUSA           |   | 3 | 1 | 2 |   |   |   |   |   |    |    |    |    |    |
| 9   | BKN : BIKANER         |   | 2 | 1 |   |   | 1 | 3 | 2 |   |    | 2  | 1  |    |    |
| 10  | M.P. : MADHYA PRADESH |   |   | 6 |   |   | 1 | 3 |   |   |    |    |    |    |    |
| 11  | BARAN : BARAN         |   |   | 4 | 1 | 1 |   |   |   |   |    |    |    |    |    |
| 12  | GOA : GOA             |   |   | 2 | 6 | 4 | 1 | 1 |   | 1 |    |    |    |    |    |
| 13  | CHR : CHURU           |   |   | 1 | 1 | 1 |   |   | 5 | 1 |    |    |    |    |    |
| 14  | HNM : HANUMANGARH     |   |   | 1 |   |   | 1 |   |   | 1 | 3  |    |    |    |    |
| 15  | UDR : UDAIPUR         |   |   |   |   | 2 | 3 | 1 |   |   |    |    |    |    |    |
| 16  | JOD : JODHPUR         |   |   |   |   |   | 1 |   | 1 | 1 | 1  |    |    |    |    |
| 17  | ALW : ALWAR           |   |   |   |   |   |   |   | 5 | 1 |    |    | 1  | 2  |    |
| 18  | TNK : TONK            |   |   |   |   |   |   |   |   | 3 |    |    |    |    |    |
| 19  | CTG : CHITTORGARH     |   |   |   |   |   |   |   |   |   |    | 1  | 1  | 1  |    |
| 20  | AJM : AJMER           |   |   |   |   |   |   |   |   |   |    |    |    |    |    |

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## RESULT SENIOR WOMEN 48 kg

Competition : 16.12.2025 09:30

Weigh in : 7:30

| No. | LOT | NAME                 | ENT. | TEAM  | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|-----|-----|----------------------|------|-------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|     |     |                      |      |       |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 1   | 59  | [A] ANNU KUMARI      | 165  | RAJ   | 27-11-2008 | 47.750 | 65     | 70 | 71 | 65   | 1    | 83           | 88 | 88 | 83   | 1    | 148   | 1    |
| 2   | 209 | [A] Humanshi Gurjar  | 130  | DUS   | 26-09-2003 | 47.650 | 56     | 59 | 60 | 56   | 2    | 68           | 70 | 70 | 68   | 2    | 124   | 2    |
| 3   | 77  | [B] RAJESHWARI       | 110  | BARAN | 07-08-2005 | 47.700 | 55     | 55 | 55 | 55   | 3    | 65           | 65 | 65 | 65   | 5    | 120   | 3    |
| 4   | 211 | [B] Mansi Singh      | 110  | GUJ   | 26-11-2004 | 47.450 | 45     | 50 | 52 | 52   | 4    | 60           | 65 | 70 | 65   | 4    | 117   | 4    |
| 5   | 100 | [A] TEJASWINI GEHLOT | 125  | RAJ   | 08-08-2008 | 43.300 | 46     | 49 | 51 | 51   | 5    | 59           | 62 | 64 | 64   | 6    | 115   | 5    |
| 6   | 137 | [A] NIKITA           | 120  | HNM   | 12-10-2002 | 48.000 | 48     | 48 | 48 | 48   | 9    | 63           | 67 | 67 | 67   | 3    | 115   | 6    |
| 7   | 122 | [B] PALAK PATEL      | 100  | M.P.  | 27-12-2010 | 47.000 | 46     | 46 | 48 | 48   | 7    | 54           | 58 | 63 | 63   | 7    | 111   | 7    |
| 8   | 63  | [A] KOMAL VISHNOI    | 115  | JOD   | 23-04-2010 | 47.450 | 48     | 48 | 50 | 50   | 6    | 55           | 60 | 68 | 60   | 9    | 110   | 8    |
| 9   | 94  | [A] SONU             | 125  | CHR   | 10-04-2003 | 47.450 | 45     | 48 | 48 | 48   | 8    | 60           | 65 | 65 | 60   | 8    | 108   | 9    |
| 10  | 118 | [A] NIKITA           | 125  | HNM   | 05-08-2006 | 48.000 | 45     | 48 | 48 | 45   | 10   | 60           | 60 | 64 | 60   | 10   | 105   | 10   |
| 11  | 194 | [A] Lalita Saran     | 92   | BKN   | 02-02-2008 | 43.350 | 44     | 47 | 48 | 44   | 11   | 52           | 56 | 56 | 52   | 12   | 96    | 11   |
| 12  | 250 | [A] SADHNA KHOIWAL   | 70   | CTG   | 05-01-2008 | 43.700 | 41     | 41 | 41 | 41   | 13   | 52           | 52 | 53 | 53   | 11   | 94    | 12   |
| 13  | 145 | [B] Sanjana Bano     | 100  | ALW   | 21-01-2007 | 46.750 | 42     | 46 | 46 | 42   | 12   | 48           | 55 | 55 | 48   | 13   | 90    | 13   |
| 14  | 155 | [B] Tiya Bhatt       | 80   | JPR   | 07-07-2008 | 46.450 | 35     | 38 | 41 | 38   | 14   | 42           | 45 | 48 | 45   | 14   | 83    | 14   |

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## RESULT SENIOR WOMEN 53 kg

Competition : 16.12.2025 15:30

Weigh in : 13:30

| No. | LOT | NAME               | ENT. | TEAM  | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|-----|-----|--------------------|------|-------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|     |     |                    |      |       |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 1   | 84  | [A] Vidhya Sharma  | 180  | GUJ   | 20-01-2005 | 52.600 | 72     | 75 | 75 | 72   | 1    | 88           | 92 | 92 | 92   | 1    | 164   | 1    |
| 2   | 1   | [A] Neha Dholi     | 160  | RAJ   | 15-07-2006 | 51.950 | 63     | 63 | 65 | 63   | 2    | 80           | 82 | 85 | 85   | 2    | 148   | 2    |
| 3   | 208 | [A] LAXMI TIWARI   | 110  | BARAN | 29-12-2006 | 52.350 | 60     | 63 | 63 | 63   | 3    | 77           | 80 | 81 | 81   | 4    | 144   | 3    |
| 4   | 23  | [A] POONAM         | 135  | CHR   | 01-07-2005 | 51.950 | 55     | 58 | 60 | 60   | 5    | 76           | 81 | 81 | 81   | 3    | 141   | 4    |
| 5   | 193 | [A] KIRAN BAGHEL   | 147  | C.G.  | 17-11-1997 | 52.700 | 55     | 59 | 61 | 61   | 4    | 75           | 75 | 80 | 75   | 5    | 136   | 5    |
| 6   | 4   | [A] Padmini Tank   | 110  | UDR   | 28-06-1993 | 48.050 | 51     | 53 | 53 | 53   | 6    | 60           | 60 | 60 | 60   | 6    | 113   | 6    |
| 7   | 132 | [B] Radhika Sharma | 95   | JPR   | 29-12-2005 | 52.850 | 45     | 47 | 47 | 45   | 7    | 53           | 56 | 59 | 56   | 7    | 101   | 7    |
| 8   | 65  | [B] RITU KUMARI    | 100  | CHR   | 24-04-2002 | 48.550 | 43     | 46 | 47 | 43   | 8    | 55           | 55 | 55 | 55   | 8    | 98    | 8    |
| 9   | 121 | [B] Sanjana Singh  | 85   | TNK   | 29-11-2005 | 50.650 | 40     | 43 | 45 | 43   | 9    | 49           | 51 | 53 | 51   | 9    | 94    | 9    |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## RESULT SENIOR WOMEN 58 kg

Competition : 17.12.2025 09:30

Weigh in : 7:30

| No. | LOT | NAME                   | ENT. | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|-----|-----|------------------------|------|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|     |     |                        |      |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 1   | 207 | [A] Ananya Patil       | 170  | MHR  | 14-01-2001 | 56.800 | 71     | 75 | 78 | 78   | 1    | 86           | 91 | -- | 91   | 1    | 169   | 1    |
| 2   | 199 | [A] Nishigandha Kadole | 160  | MHR  | 03-02-2010 | 58.000 | 68     | 71 | 74 | 74   | 2    | 85           | 90 | 94 | 85   | 2    | 159   | 2    |
| 3   | 91  | [A] CHAITANYA PARMAR   | 157  | M.P. | 25-05-2006 | 57.000 | 65     | 65 | 66 | 66   | 3    | 82           | 85 | 85 | 82   | 3    | 148   | 3    |
| 4   | 40  | [B] Mehak Fatima Sayed | 135  | GOA  | 05-09-2004 | 56.200 | 56     | 56 | 62 | 62   | 5    | 68           | 75 | 80 | 80   | 4    | 142   | 4    |
| 5   | 55  | [B] Apeksha Panwar     | 135  | UDR  | 21-06-2004 | 57.300 | 57     | 57 | 60 | 60   | 7    | 72           | 76 | 76 | 76   | 5    | 136   | 5    |
| 6   | 144 | [A] VAANYA RAO         | 140  | C.G. | 24-10-2009 | 58.000 | 55     | 58 | 61 | 61   | 6    | 65           | 69 | 70 | 70   | 6    | 131   | 6    |
| 7   | 146 | [B] Divya Swami        | 114  | BKN  | 20-08-2008 | 57.950 | 51     | 53 | 55 | 55   | 8    | 60           | 62 | 64 | 62   | 7    | 117   | 7    |
| 8   | 101 | [B] Kajal Saini        | 108  | ALW  | 02-10-2007 | 57.900 | 42     | 46 | 46 | 46   | 9    | 54           | 57 | 57 | 57   | 8    | 103   | 8    |
|     | 105 | [A] Prabhjot Kour      | 140  | SGNR | 13-03-2004 | 57.950 | 65     | 68 | 68 | 65   | 4    | 85           | 85 | 85 | --   |      | --    |      |
|     | 198 | [B] Nidhi Maheta       | 135  | GUJ  | 20-07-2002 | 53.100 | 65     | 65 | 65 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 51  | [B] Anjali Choudhary   | 89   | JPR  | 24-06-2008 | 55.900 | 42     | 42 | 42 | --   |      | --           | -- | -- | --   |      | --    |      |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## RESULT SENIOR WOMEN 63 kg

Competition : 17.12.2025 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   | 73  | [A] SONALI YADU           | 180  | C.G. | 19-09-2002 | 61.550 | 74     | 78 | 78 | 78   | 1    | 98           | 103 | 104 | 104  | 1    | 182   | 1    |
| 2   | 156 | [A] Pragya Sharma         | 170  | RAJ  | 23-07-2005 | 62.800 | 74     | 77 | 79 | 77   | 2    | 97           | 101 | 104 | 97   | 2    | 174   | 2    |
| 3   | 206 | [A] MUSKAN SHEIKH         | 162  | M.P. | 12-05-2004 | 62.550 | 70     | 73 | 75 | 75   | 3    | 85           | 91  | 94  | 91   | 3    | 166   | 3    |
| 4   | 175 | [A] LUKESHWARI SAHU       | 155  | C.G. | 23-11-2007 | 62.600 | 70     | 73 | 75 | 73   | 5    | 81           | 85  | 85  | 85   | 4    | 158   | 4    |
| 5   | 216 | [A] Sadhana Singh         | 160  | GUJ  | 22-06-1998 | 62.800 | 70     | 74 | 74 | 74   | 4    | 83           | 83  | 88  | 83   | 5    | 157   | 5    |
| 6   | 66  | [B] Palak Swami           | 130  | BKN  | 12-04-2006 | 60.100 | 58     | 60 | 60 | 60   | 8    | 68           | 70  | 70  | 68   | 7    | 128   | 6    |
| 7   | 78  | [A] Badiger Anshwi Siddhu | 135  | GOA  | 16-03-1998 | 58.200 | 50     | 55 | 55 | 50   | 9    | 67           | 70  | 75  | 70   | 6    | 120   | 7    |
|     | 197 | [A] KHUSHI BELDAR         | 145  | M.P. | 08-12-2007 | 62.050 | 62     | 66 | 70 | 66   | 6    | 82           | 82  | 83  | --   |      | --    |      |
|     | 67  | [A] Bhagyashri Dumane     | 166  | MHR  | 18-10-1998 | 60.500 | 65     | 71 | 71 | 65   | 7    | 85           | 85  | 85  | --   |      | --    |      |
|     | 195 | [B] DIKSHA PANWAR         | 101  | JOD  | 02-11-2007 | 60.700 | 43     | 45 | 45 | 45   | 10   | 56           | 56  | 56  | --   |      | --    |      |
|     | 119 | [B] Laxmi Gurjar          | 100  | AJM  | 25-07-1999 | 62.100 | 45     | 46 | 46 | --   |      | --           | --  | --  | --   |      | --    |      |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## RESULT SENIOR WOMEN 69 kg

Competition : 17.12.2025 17:00

Weigh in : 15:00

| No. | LOT | NAME                 | ENT. | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|-----|-----|----------------------|------|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|     |     |                      |      |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 1   | 107 | [A] ANKITA           | 190  | RAJ  | 10-04-2006 | 68.950 | 77     | 77 | 81 | 81   | 1    | 100          | -- | -- | 100  | 1    | 181   | 1    |
| 2   | 98  | [A] Punam Kakade     | 180  | MHR  | 18-07-2008 | 69.000 | 70     | 75 | 76 | 70   | 3    | 90           | 94 | 97 | 90   | 2    | 160   | 2    |
| 3   | 31  | [A] Nidhi Gandhi     | 150  | GUJ  | 13-10-1999 | 67.250 | 66     | 69 | 72 | 72   | 2    | 79           | 83 | 90 | 83   | 3    | 155   | 3    |
| 4   | 217 | [B] DIVYA SINHA      | 135  | C.G. | 12-09-2003 | 69.000 | 57     | 60 | 63 | 63   | 4    | 75           | 75 | 80 | 75   | 4    | 138   | 4    |
| 5   | 29  | [B] Agnes Fernandes  | 120  | GOA  | 28-11-2002 | 65.200 | 47     | 52 | 57 | 52   | 5    | 65           | 70 | 70 | 70   | 5    | 122   | 5    |
| 6   | 188 | [B] Chestha Sharma   | 95   | SGNR | 11-09-2008 | 67.900 | 44     | 46 | 46 | 44   | 6    | 58           | 58 | 58 | 58   | 6    | 102   | 6    |
| 7   | 128 | [B] Vaishnavi Sharma | 86   | JPR  | 04-09-2008 | 66.400 | 38     | 38 | 40 | 38   | 7    | 50           | 55 | 55 | 50   | 7    | 88    | 7    |
|     | 162 | [B] Gunjan Joshi     | 141  | JPR  | 23-05-2007 | 67.250 | 61     | 61 | 61 | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 20  | [B] Payal Nalwaya    | 102  | UDR  | 31-07-1982 | 67.400 | 44     | 44 | -- | --   |      | --           | -- | -- | --   |      | --    |      |
|     | 242 | [B] DIVYA KEER       | 110  | TNK  | 16-04-2004 | 67.850 | 52     | 52 | 52 | --   |      | --           | -- | -- | --   |      | --    |      |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## RESULT SENIOR WOMEN 77 kg

Competition : 18.12.2025 10:00

Weigh in : 8:00

| No. | LOT | NAME                   | ENT. | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|-----|-----|------------------------|------|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|     |     |                        |      |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 1   | 170 | [A] ARMANDEEP KOUR     | 190  | RAJ  | 07-10-2002 | 77.000 | 80     | 85 | 90 | 85   | 1    | 95           | -- | -- | 95   | 1    | 180   | 1    |
| 2   | 95  | [A] Annpurna Choudhary | 155  | BKN  | 21-10-2005 | 72.750 | 69     | 73 | 75 | 75   | 3    | 84           | 87 | 90 | 87   | 2    | 162   | 2    |
| 3   | 164 | [B] Kumkum             | 140  | SGNR | 02-11-2005 | 69.950 | 74     | 74 | 76 | 76   | 2    | 85           | 85 | 88 | 85   | 3    | 161   | 3    |
| 4   | 222 | [A] Anushka Sharma     | 157  | JPR  | 13-07-2007 | 73.150 | 65     | 70 | 76 | 70   | 4    | 78           | 81 | 85 | 81   | 5    | 151   | 4    |
| 5   | 205 | [A] Drishti Bhatnagar  | 153  | JPR  | 05-10-1999 | 74.400 | 60     | 63 | 66 | 66   | 6    | 75           | 80 | 83 | 83   | 4    | 149   | 5    |
| 6   | 174 | [B] Khushi Varan       | 135  | GUJ  | 09-12-2002 | 76.550 | 63     | 67 | 70 | 67   | 5    | 80           | 85 | 85 | 80   | 6    | 147   | 6    |
| 7   | 52  | [A] TANIYA BANJARE     | 150  | C.G. | 28-08-2001 | 74.850 | 58     | 62 | 66 | 62   | 7    | 78           | 78 | 82 | 78   | 7    | 140   | 7    |
| 8   | 50  | [B] Anjana Bano        | 132  | ALW  | 27-03-2008 | 73.550 | 50     | 55 | 58 | 55   | 8    | 70           | 74 | 76 | 74   | 8    | 129   | 8    |
| 9   | 43  | [B] Akshara vyavhare   | 70   | MHR  | 18-01-2009 | 69.900 | 45     | 48 | 48 | 45   | 9    | 58           | 61 | 61 | 58   | 9    | 103   | 9    |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## RESULT SENIOR WOMEN 86 kg

Competition : 18.12.2025 15:30

Weigh in : 13:30

| No. | LOT | NAME                         | ENT. | TEAM | BORN       | BW      | SNATCH |    |    |      |      | CLEAN & JERK |    |     |      |      | TOTAL |      |
|-----|-----|------------------------------|------|------|------------|---------|--------|----|----|------|------|--------------|----|-----|------|------|-------|------|
|     |     |                              |      |      |            |         | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3   | Res. | Rank | Res.  | Rank |
| 1   | 108 | [A] Ritu                     | 170  | JPR  | 10-12-1996 | 83.900  | 77     | 81 | 81 | 77   | 2    | 93           | 98 | 100 | 98   | 1    | 175   | 1    |
| 2   | 9   | [A] Kanta                    | 160  | SGNR | 08-07-1997 | 80.150  | 73     | 78 | 79 | 79   | 1    | 90           | 96 | 100 | 90   | 2    | 169   | 2    |
| 3   | 138 | [A] Sakshi Vishwas Haldankar | 150  | GOA  | 13-11-2002 | 77.950  | 60     | 65 | 70 | 70   | 4    | 82           | 85 | 90  | 90   | 3    | 160   | 3    |
| 4   | 130 | [A] Sapara Kinjal Manojbhai  | 165  | DUS  | 14-06-1999 | 81.0550 | 65     | 70 | 77 | 70   | 3    | 82           | 86 | 86  | 86   | 4    | 156   | 4    |
| 5   | 39  | [A] Komal Devrapalli         | 160  | GUJ  | 10-06-2005 | 78.100  | 58     | 62 | 64 | 64   | 5    | 82           | 86 | 92  | 82   | 5    | 146   | 5    |
| 6   | 72  | [A] BHUMI SINGH              | 135  | C.G. | 07-08-2008 | 77.400  | 55     | 60 | 63 | 63   | 6    | 68           | 72 | 76  | 72   | 6    | 135   | 6    |
| 7   | 44  | [A] Aanchal Kajala           | 108  | JPR  | 28-01-1998 | 85.850  | 50     | 55 | 58 | 50   | 7    | 65           | 75 | 75  | 65   | 7    | 115   | 7    |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## RESULT SENIOR WOMEN +86 kg

Competition : 19.12.2025 10:00

Weigh in : 8:00

| No. | LOT | NAME                   | ENT. | TEAM | BORN       | BW      | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|-----|-----|------------------------|------|------|------------|---------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|     |     |                        |      |      |            |         | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 1   | 62  | [A] ARCHANA            | 120  | SKR  | 24-08-1997 | 86.050  | 68     | 75 | 79 | 68   | 1    | 90           | 94 | 98 | 98   | 1    | 166   | 1    |
| 2   | 187 | [A] KAJAL SAHU         | 140  | C.G. | 09-10-2004 | 92.850  | 60     | 64 | 67 | 67   | 2    | 75           | 79 | 80 | 80   | 2    | 147   | 2    |
| 3   | 221 | [A] Neelam             | 150  | RAJ  | 28-12-1998 | 89.250  | 62     | 66 | 67 | 67   | 3    | 74           | 78 | 82 | 78   | 3    | 145   | 3    |
| 4   | 157 | [A] Iram Irshad Khatri | 135  | GOA  | 03-12-2002 | 95.050  | 53     | 56 | 56 | 56   | 4    | 70           | 82 | 82 | 70   | 4    | 126   | 4    |
| 5   | 48  | [A] Ishika Choudhary   | 141  | JPR  | 17-07-2001 | 97.750  | 55     | 59 | 59 | 55   | 5    | 66           | 74 | 80 | 66   | 6    | 121   | 5    |
| 6   | 123 | [A] Pooja Prasad       | 110  | GUJ  | 06-06-2002 | 86.750  | 45     | 50 | 55 | 50   | 6    | 60           | 65 | 70 | 70   | 5    | 120   | 6    |
|     | 2   | [A] DAKSHITA TRIVEDI   | 125  | M.P. | 01-06-2008 | 104.350 | 55     | 55 | 55 | --   |      | --           | -- | -- | --   |      | --    |      |

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 16.12.2025 09:30

### WOMEN 44 kg A

Weigh in : 7:30

| No.     | LOT | NAME                | ENT | TEAM      | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|---------------------|-----|-----------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                     |     |           |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 44 kg A |     |                     |     |           |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 7   | BABLI BISWASH       | 70  | C.G.      | 14-01-2012 | 43.400 | 40     | 43 | 45 | 45   |      | 50           | 53 | 53 | 50   |      | 95    |      |
| 2       | 26  | Purnima Vaishnav    | 85  | JOD       | 14-08-2010 | 42.750 | 30     | 35 | 35 | 30   |      | 35           | 37 | 40 | 40   |      | 70    |      |
| 3       | 46  | ANSHU POONIA        | 70  | CHR       | 10-01-2009 | 39.750 | 33     | 37 | 37 | 33   |      | 42           | 42 | 42 | --   |      | --    |      |
| 4       | 100 | TEJASWINI GEHLOT    | 125 | RAJ       | 08-08-2008 | 43.300 | 46     | 49 | 51 | 51   |      | 59           | 62 | 64 | 64   |      | 115   |      |
| 5       | 103 | Kiran               | 62  | DUS       | 02-10-2011 | 41.900 | 25     | 25 | 25 | 25   |      | 32           | 35 | 35 | 32   |      | 57    |      |
| 6       | 109 | Vamakshi Jhala      | 92  | UDR       | 17-04-2010 | 42.450 | 42     | 42 | 44 | 42   |      | 55           | 55 | 55 | 55   |      | 97    |      |
| 7       | 141 | Rija Shaikh         | 105 | MHR       | 18-06-2012 | 42.300 | 41     | 44 | 44 | 41   |      | 52           | 57 | 61 | 52   |      | 93    |      |
| 8       | 154 | Khushbu Rajbhar     | 90  | GUJ       | 01-06-2010 | 43.000 | 33     | 36 | 38 | 38   |      | 45           | 45 | 45 | 45   |      | 83    |      |
| 9       | 173 | SURYANSHI SHARMA    | 90  | BARA<br>N | 28-07-2010 | 42.200 | 45     | 48 | 51 | 48   |      | 59           | 62 | 62 | 59   |      | 107   |      |
| 10      | 181 | Shreya sonar        | 90  | MHR       | 14-03-2011 | 42.750 | 35     | 39 | 41 | 41   |      | 50           | 54 | 54 | 50   |      | 91    |      |
| 11      | 189 | Gauravi Ravi Dessai | 110 | GOA       | 02-07-2009 | 43.450 | 35     | 40 | 43 | 43   |      | 55           | 58 | 58 | 58   |      | 101   |      |
| 12      | 194 | Lalita Saran        | 92  | BKN       | 02-02-2008 | 43.350 | 44     | 47 | 48 | 44   |      | 52           | 56 | 56 | 52   |      | 96    |      |
| 13      | 201 | RESHAM SAHU         | 108 | C.G.      | 28/04/2010 | 41.650 | 45     | 45 | 45 | 45   |      | 56           | 59 | 61 | 61   |      | 106   |      |
| 14      | 250 | SADHNA KHOIWAL      | 70  | CTG       | 05-01-2008 | 43.700 | 41     | 41 | 41 | 41   |      | 52           | 52 | 53 | 53   |      | 94    |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

- Center - Ms.Trupiti Parashar [MHR]  
Left - Mr. Chandra Shekhar [RAJ]  
Right - Mr. Madan Lal Sharma [RAJ]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishna Sharma [H.P.]

### Secretary

1. Ms. Madhuri Sahu [C.G.]
2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 16.12.2025 12:00

### WOMEN 48 kg B

Weigh in : 10:00

| No.     | LOT | NAME            | ENT | TEAM      | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|-----------------|-----|-----------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                 |     |           |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 48 kg B |     |                 |     |           |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 10  | VANDANA RAMAWAT | 90  | JOD       | 30-09-2006 | 47.200 | 34     | 37 | 37 | 34   |      | 41           | 44 | 46 | 44   |      | 78    |      |
| 2       | 18  | Shivani Joshi   | 89  | BKN       | 07-02-2011 | 46.500 | 41     | 42 | 42 | 42   |      | 46           | 47 | 47 | 46   |      | 88    |      |
| 3       | 77  | RAJESHWARI      | 110 | BARA<br>N | 07-08-2005 | 47.700 | 55     | 55 | 55 | 55   |      | 65           | 65 | 65 | 65   |      | 120   |      |
| 4       | 82  | Manisha         | 91  | BKN       | 15-04-2012 | 47.900 | 41     | 43 | 44 | 44   |      | 47           | 49 | 51 | 49   |      | 93    |      |
| 5       | 122 | PALAK PATEL     | 100 | M.P.      | 27-12-2010 | 47.000 | 46     | 46 | 48 | 48   |      | 54           | 58 | 63 | 63   |      | 111   |      |
| 6       | 142 | Sapna Ram       | 85  | GUJ       | 20-05-2010 | 46.250 | 33     | 35 | 37 | 37   |      | 42           | 45 | 47 | 45   |      | 82    |      |
| 7       | 145 | Sanjana Bano    | 100 | ALW       | 21-01-2007 | 46.750 | 42     | 46 | 46 | 42   |      | 48           | 55 | 55 | 48   |      | 90    |      |
| 8       | 155 | Tiya Bhatt      | 80  | JPR       | 07-07-2008 | 46.450 | 35     | 38 | 41 | 38   |      | 42           | 45 | 48 | 45   |      | 83    |      |
| 9       | 191 | Bhumika Chouhan | 75  | JPR       | 28-08-2012 | 47.650 | 36     | 39 | 41 | 39   |      | 40           | 43 | 43 | 40   |      | 79    |      |
| 10      | 211 | Mansi Singh     | 110 | GUJ       | 26-11-2004 | 47.450 | 45     | 50 | 52 | 52   |      | 60           | 65 | 70 | 65   |      | 117   |      |
| 11      | 219 | KIRTI VAISHNAV  | 115 | JOD       | 09-01-2009 | 47.550 | 48     | 52 | 52 | 48   |      | 60           | 60 | 60 | --   |      | --    |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

Center - Mr. Ram Vinod Sharma [RAJ]  
Left - Ms. Rajani Upadhyay [RAJ]  
Right - Mr. Ajay Vaishnav [RAJ]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

1. Ms. Arumita Datta [C.G.]
2. Mr. Sumit Paliwal [M.P.]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 16.12.2025 14:00

### WOMEN 48 kg A

Weigh in : 12:00

| No.     | LOT | NAME            | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|-----------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                 |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 48 kg A |     |                 |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 42  | Zeel Gajjar     | 115 | GUJ  | 10-06-2007 | 44.750 | 49     | 52 | 55 | 55   |      | 62           | 65 | 68 | 65   |      | 120   |      |
| 2       | 59  | ANNU KUMARI     | 165 | RAJ  | 27-11-2008 | 47.750 | 65     | 70 | 71 | 65   |      | 83           | 88 | 88 | 83   |      | 148   |      |
| 3       | 63  | KOMAL VISHNOI   | 115 | JOD  | 23-04-2010 | 47.450 | 48     | 48 | 50 | 50   |      | 55           | 60 | 68 | 60   |      | 110   |      |
| 4       | 70  | Akshara Panwar  | 115 | UDR  | 15-02-2009 | 47.650 | 51     | 51 | 53 | 53   |      | 65           | 70 | 72 | 70   |      | 123   |      |
| 5       | 94  | SONU            | 125 | CHR  | 10-04-2003 | 47.450 | 45     | 48 | 48 | 48   |      | 60           | 65 | 65 | 60   |      | 108   |      |
| 6       | 110 | RAMANDEEP KOUR  | 120 | HNM  | 03-10-2005 | 43.850 | 45     | 45 | 45 | 45   |      | 55           | 55 | 55 | 55   |      | 100   |      |
| 7       | 118 | NIKITA          | 125 | HNM  | 05-08-2006 | 48.000 | 45     | 48 | 48 | 45   |      | 60           | 60 | 64 | 60   |      | 105   |      |
| 8       | 137 | NIKITA          | 120 | HNM  | 12-10-2002 | 48.000 | 48     | 48 | 48 | 48   |      | 63           | 67 | 67 | 67   |      | 115   |      |
| 9       | 160 | Chavan Harshini | 140 | MHR  | 26-11-2010 | 47.500 | 55     | 60 | 63 | 63   |      | 70           | 80 | 80 | 70   |      | 133   |      |
| 10      | 209 | Humanshi Gurjar | 130 | DUS  | 26-09-2003 | 47.650 | 56     | 59 | 60 | 56   |      | 68           | 70 | 70 | 68   |      | 124   |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

- Center - Ms. Narinder Kaur [RAJ]  
Left - Mr. Sanjeev Rajdan [M.P.]  
Right - Mr. Yashpal Yadav [U.P.]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishka Sharma [H.P.]

### Secretary

1. Ms. Madhuri Sahu [C.G.]
2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 16.12.2025 15:30

### WOMEN 53 kg B

Weigh in : 13:30

| No.     | LOT | NAME             | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|------------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                  |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 53 kg B |     |                  |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 13  | Pratiksha        | 85  | SIR  | 07-10-2007 | 51.800 | 36     | 40 | 40 | 36   |      | 49           | 49 | 49 | --   |      | --    |      |
| 2       | 14  | Neha Meena       | 87  | ALW  | 11-01-2011 | 48.700 | 38     | 42 | 42 | 38   |      | 52           | 52 | 52 | --   |      | --    |      |
| 3       | 19  | Ayushi Shekhawat | 88  | JPR  | 29-02-2012 | 51.800 | 44     | 47 | 47 | 47   |      | 52           | 56 | 59 | 56   |      | 103   |      |
| 4       | 21  | Suhana Khan      | 95  | GUJ  | 03-11-2010 | 48.350 | 40     | 43 | 43 | 43   |      | 50           | 50 | 53 | 50   |      | 93    |      |
| 5       | 30  | kanak choudhary  | 75  | NGO  | 10-09-2012 | 51.000 | 32     | 34 | 34 | 34   |      | 41           | 42 | 44 | 42   |      | 76    |      |
| 6       | 38  | Bhawna           | 90  | NGO  | 01-06-2007 | 52.000 | 38     | 41 | 41 | 41   |      | 49           | 51 | 52 | 52   |      | 93    |      |
| 7       | 61  | TANUJA BANDHE    | 100 | C.G. | 01-01-2007 | 51.990 | 45     | 49 | 51 | 51   |      | 57           | 61 | 61 | 57   |      | 108   |      |
| 8       | 65  | RITU KUMARI      | 100 | CHR  | 24-04-2002 | 48.550 | 43     | 46 | 47 | 43   |      | 55           | 55 | 55 | 55   |      | 98    |      |
| 9       | 85  | SANIKA CHANDEL   | 95  | C.G. | 25-01-2011 | 50.600 | 43     | 46 | 48 | 48   |      | 53           | 57 | 59 | 57   |      | 105   |      |
| 10      | 88  | Garima Solanki   | 85  | UDR  | 13-07-2006 | 48.900 | 36     | 36 | 36 | --   |      | --           | -  | -  | --   |      | --    |      |
| 11      | 113 | LAKSHMI DHAKAD   | 95  | M.P. | 07-05-2005 | 50.150 | 38     | 42 | 47 | 42   |      | 48           | 49 | 53 | 49   |      | 91    |      |
| 12      | 121 | Sanjana Singh    | 85  | TNK  | 29-11-2005 | 50.650 | 40     | 43 | 45 | 43   |      | 49           | 51 | 53 | 51   |      | 94    |      |
| 13      | 132 | Radhika Sharma   | 95  | JPR  | 29-12-2005 | 52.850 | 45     | 47 | 47 | 45   |      | 53           | 56 | 59 | 56   |      | 101   |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Mr. Madan Lal Sharma [RAJ]  
Left - Ms.Trupti Parashar [MHR]  
Right - Mr. Chandra Shekhar [RAJ]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

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# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 16.12.2025 17:30

### WOMEN 53 kg A

Weigh in : 15:30

| No.     | LOT | NAME            | ENT | TEAM      | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|-----------------|-----|-----------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                 |     |           |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 53 kg A |     |                 |     |           |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 1   | Neha Dholi      | 160 | RAJ       | 15-07-2006 | 51.950 | 63     | 63 | 65 | 63   |      | 80           | 82 | 85 | 85   |      | 148   |      |
| 2       | 4   | Padmini Tank    | 110 | UDR       | 28-06-1993 | 48.050 | 51     | 53 | 53 | 53   |      | 60           | 60 | 60 | 60   |      | 113   |      |
| 3       | 16  | KOMAL           | 100 | HNM       | 24-04-2010 | 50.150 | 35     | 35 | 35 | 35   |      | 45           | 52 | 52 | 45   |      | 80    |      |
| 4       | 23  | POONAM          | 135 | CHR       | 01-07-2005 | 51.950 | 55     | 58 | 60 | 60   |      | 76           | 81 | 81 | 81   |      | 141   |      |
| 5       | 36  | JASANDEEP KOUR  | 110 | RAJ       | 08-06-2012 | 50.200 | --     | -- | -- | --   |      | --           | -- | -- | --   |      | --    |      |
| 6       | 64  | MANASVI SINGH   | 110 | JOD       | 17-09-2009 | 52.400 | 45     | 47 | 50 | 47   |      | 55           | 58 | 58 | 55   |      | 102   |      |
| 7       | 84  | Vidhya Sharma   | 180 | GUJ       | 20-01-2005 | 52.600 | 72     | 75 | 75 | 72   |      | 88           | 92 | 92 | 92   |      | 164   |      |
| 8       | 115 | Tanishka Shinde | 125 | MHR       | 05-04-2009 | 52.600 | 53     | 56 | 59 | 56   |      | 73           | 77 | 78 | 73   |      | 129   |      |
| 9       | 161 | Amruta Jadhav   | 145 | MHR       | 20-09-2006 | 51.950 | 60     | 63 | 63 | 60   |      | 72           | 76 | 76 | 72   |      | 132   |      |
| 10      | 183 | POONAM PATEL    | 127 | M.P.      | 06-10-2008 | 52.200 | 52     | 52 | 56 | 56   |      | 65           | 70 | 72 | 72   |      | 128   |      |
| 11      | 193 | KIRAN BAGHEL    | 147 | C.G.      | 17-11-1997 | 52.700 | 55     | 59 | 61 | 61   |      | 75           | 75 | 80 | 75   |      | 136   |      |
| 12      | 208 | LAXMI TIWARI    | 110 | BARA<br>N | 29-12-2006 | 52.350 | 60     | 63 | 63 | 63   |      | 77           | 80 | 81 | 81   |      | 144   |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

- Center - Mr. Ajay Vaishnav [RAJ]  
Left - Mr. Ram Vinod Sharma [RAJ]  
Right - Ms. Rajani Upadhyay [RAJ]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishka Sharma [H.P.]

### Secretary

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2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 17.12.2025 09:30

### WOMEN 58 kg B

Weigh in : 7:30

| No.     | LOT | NAME               | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|--------------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                    |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 58 kg B |     |                    |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 11  | Naveeta Godara     | 90  | BKN  | 15-08-2009 | 54.750 | 41     | 42 | 44 | 42   |      | 45           | 45 | 50 | 45   |      | 87    |      |
| 2       | 40  | Mehak Fatima Sayed | 135 | GOA  | 05-09-2004 | 56.200 | 56     | 56 | 62 | 62   |      | 68           | 75 | 80 | 80   |      | 142   |      |
| 3       | 49  | Ariana Parabia     | 120 | GUJ  | 21-12-2007 | 57.750 | 53     | 54 | 56 | 54   |      | 65           | 68 | 71 | 68   |      | 122   |      |
| 4       | 51  | Anjali Choudhary   | 89  | JPR  | 24-06-2008 | 55.900 | 42     | 42 | 42 | --   |      | --           | -- | -- | --   |      | --    |      |
| 5       | 55  | Apeksha Panwar     | 135 | UDR  | 21-06-2004 | 57.300 | 57     | 57 | 60 | 60   |      | 72           | 76 | 76 | 76   |      | 136   |      |
| 6       | 86  | ADITI PATEL        | 104 | M.P. | 16-10-2008 | 56.650 | 48     | 51 | 51 | 48   |      | 63           | 63 | 63 | --   |      | --    |      |
| 7       | 101 | Kajal Saini        | 108 | ALW  | 02-10-2007 | 57.900 | 42     | 46 | 46 | 46   |      | 54           | 57 | 57 | 57   |      | 103   |      |
| 8       | 111 | Shraddha jadhav    | 115 | MHR  | 18-03-2007 | 56.450 | 50     | 53 | 57 | 53   |      | 63           | 67 | 71 | 67   |      | 120   |      |
| 9       | 139 | Humera Ansari      | 80  | GUJ  | 06-07-2008 | 57.050 | 40     | 40 | 45 | 45   |      | 50           | 57 | 57 | 57   |      | 102   |      |
| 10      | 146 | Divya Swami        | 114 | BKN  | 20-08-2008 | 57.950 | 51     | 53 | 55 | 55   |      | 60           | 62 | 64 | 62   |      | 117   |      |
| 11      | 198 | Nidhi Maheta       | 135 | GUJ  | 20-07-2002 | 53.100 | 65     | 65 | 65 | --   |      | --           | -- | -- | --   |      | --    |      |
| 12      | 202 | Yana Khandelwal    | 94  | JPR  | 02-10-2011 | 53.100 | 45     | 46 | 48 | 46   |      | 49           | 53 | 53 | 53   |      | 99    |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Mr. Yashpal Yadav [U.P.]  
Left - Ms. Narinder Kaur [RAJ]  
Right - Mr. Sanjeev Rajdan [M.P.]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

1. Ms. Arumita Datta [C.G.]
2. Mr. Sumit Paliwal [M.P.]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## START LIST / PROTOCOL

Competition : 17.12.2025 11:30

### WOMEN 58 kg A

Weigh in : 9:30

| No.     | LOT | NAME               | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|--------------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                    |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 58 kg A |     |                    |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 91  | CHAITANYA PARMAR   | 157 | M.P. | 25-05-2006 | 57.000 | 65     | 65 | 66 | 66   |      | 82           | 85 | 85 | 82   |      | 148   |      |
| 2       | 105 | Prabhjot Kour      | 140 | SGNR | 13-03-2004 | 57.950 | 65     | 68 | 68 | 65   |      | 85           | 85 | 85 | --   |      | --    |      |
| 3       | 144 | VAANYA RAO         | 140 | C.G. | 24-10-2009 | 58.000 | 55     | 58 | 61 | 61   |      | 65           | 69 | 70 | 70   |      | 131   |      |
| 4       | 199 | Nishigandha Kadole | 160 | MHR  | 03-02-2010 | 58.000 | 68     | 71 | 74 | 74   |      | 85           | 90 | 94 | 85   |      | 159   |      |
| 5       | 207 | Ananya Patil       | 170 | MHR  | 14-01-2001 | 56.800 | 71     | 75 | 78 | 78   |      | 86           | 91 | -- | 91   |      | 169   |      |
| 6       | 215 | VEDIKA KANWAR      | 160 | RAJ  | 19-01-2008 | 57.050 | 65     | 65 | 69 | 65   |      | 75           | 82 | 82 | 75   |      | 140   |      |

#### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

#### Referee

Center - Mr. Chandra Shekhar [RAJ]  
Left - Mr. Madan Lal Sharma [RAJ]  
Right - Ms. Trupti Parashar [MHR]

#### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

#### Time Keeper

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#### Technical Controller

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# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 17.12.2025 13:00

### WOMEN 63 kg B

Weigh in : 11:00

| No.     | LOT | NAME                   | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|------------------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                        |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 63 kg B |     |                        |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 27  | PRITU SAHU             | 130 | C.G. | 07-08-2008 | 58.750 | 56     | 59 | 61 | 59   |      | 67           | 69 | 71 | 71   |      | 130   |      |
| 2       | 66  | Palak Swami            | 130 | BKN  | 12-04-2006 | 60.100 | 58     | 60 | 60 | 60   |      | 68           | 70 | 70 | 68   |      | 128   |      |
| 3       | 83  | TANISHA ASNANI         | 130 | M.P. | 28-10-2011 | 63.000 | 55     | 59 | 60 | 60   |      | 68           | 71 | 71 | 68   |      | 128   |      |
| 4       | 97  | Ronak Rawat            | 91  | AJM  | 11-06-2007 | 61.200 | 39     | 39 | 39 | --   |      | --           | -- | -- | --   |      | --    |      |
| 5       | 119 | Laxmi Gurjar           | 100 | AJM  | 25-07-1999 | 62.100 | 45     | 46 | 46 | --   |      | --           | -- | -- | --   |      | --    |      |
| 6       | 134 | Aarti Rawat            | 91  | AJM  | 24-05-2005 | 62.150 | 39     | 39 | 41 | 39   |      | 52           | 52 | 52 | --   |      | --    |      |
| 7       | 136 | Tanusha kunwar kanawat | 91  | UDR  | 29-11-2005 | 62.850 | 40     | -- | -- | --   |      | --           | -- | -- | --   |      | --    |      |
| 8       | 140 | Tejaswini ghadage      | 125 | MHR  | 16-11-2010 | 62.750 | 53     | 56 | 59 | 59   |      | 65           | 69 | 69 | 69   |      | 128   |      |
| 9       | 172 | Mahek Patel            | 90  | GUJ  | 22-02-2008 | 60.050 | 40     | 42 | 45 | 42   |      | 50           | 50 | 50 | 50   |      | 92    |      |
| 10      | 180 | Dhani Sahu             | 83  | UDR  | 28-02-2011 | 60.200 | 36     | 36 | 36 | --   |      | --           | -- | -- | --   |      | --    |      |
| 11      | 195 | DIKSHA PANWAR          | 101 | JOD  | 02-11-2007 | 60.700 | 43     | 45 | 45 | 45   |      | 56           | 56 | 56 | --   |      | --    |      |
| 12      | 218 | Vaishnavi Sangle       | 100 | GUJ  | 10-07-2007 | 61.000 | 50     | 50 | 55 | 55   |      | 58           | 62 | 65 | 62   |      | 117   |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Ms. Rajani Upadhyay [RAJ]  
Left - Mr. Ajay Vaishnav [RAJ]  
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# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 17.12.2025 15:00

### WOMEN 63 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 |
| 63 kg A |     |                       |     |      |            |        |        |    |    |      |      |              |     |     |      |      |       |      |
| 1       | 67  | Bhagyashri Dumane     | 166 | MHR  | 18-10-1998 | 60.500 | 65     | 71 | 71 | 65   |      | 85           | 85  | 85  | --   |      | --    |      |
| 2       | 73  | SONALI YADU           | 180 | C.G. | 19-09-2002 | 61.550 | 74     | 78 | 78 | 78   |      | 98           | 103 | 104 | 104  |      | 182   |      |
| 3       | 78  | Badiger Anshwi Siddhu | 135 | GOA  | 16-03-1998 | 58.200 | 50     | 55 | 55 | 50   |      | 67           | 70  | 75  | 70   |      | 120   |      |
| 4       | 156 | Pragya Sharma         | 170 | RAJ  | 23-07-2005 | 62.800 | 74     | 77 | 79 | 77   |      | 97           | 101 | 104 | 97   |      | 174   |      |
| 5       | 158 | Swati Panwar          | 154 | RAJ  | 25-10-2010 | 62.350 | 70     | 74 | 74 | 70   |      | 84           | 86  | 87  | 87   |      | 157   |      |
| 6       | 175 | LUKESHWARI SAHU       | 155 | C.G. | 23-11-2007 | 62.600 | 70     | 73 | 75 | 73   |      | 81           | 85  | 85  | 85   |      | 158   |      |
| 7       | 192 | Ishanya Raut          | 170 | MHR  | 01-08-2008 | 61.600 | 70     | 73 | 76 | 73   |      | 80           | 86  | 86  | 86   |      | 159   |      |
| 8       | 197 | KHUSHI BELDAR         | 145 | M.P. | 08-12-2007 | 62.050 | 62     | 66 | 70 | 66   |      | 82           | 82  | 83  | --   |      | --    |      |
| 9       | 206 | MUSKAN SHEIKH         | 162 | M.P. | 12-05-2004 | 62.550 | 70     | 73 | 75 | 75   |      | 85           | 91  | 94  | 91   |      | 166   |      |
| 10      | 216 | Sadhana Singh         | 160 | GUJ  | 22-06-1998 | 62.800 | 70     | 74 | 74 | 74   |      | 83           | 83  | 88  | 83   |      | 157   |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

- Center - Mr. Sanjeev Rajdan [M.P.]  
Left - Mr. Yashpal Yadav [U.P.]  
Right - Ms. Narinder Kaur [RAJ]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishka Sharma [H.P.]

### Secretary

1. Ms. Madhuri Sahu [C.G.]
2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 17.12.2025 17:00

### WOMEN 69 kg B

Weigh in : 15:00

| No.     | LOT | NAME             | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|------------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                  |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 69 kg B |     |                  |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 20  | Payal Nalwaya    | 102 | UDR  | 31-07-1982 | 67.400 | 44     | 44 | -- | --   |      | --           | -- | -- | --   |      | --    |      |
| 2       | 29  | Agnes Fernandes  | 120 | GOA  | 28-11-2002 | 65.200 | 47     | 52 | 57 | 52   |      | 65           | 70 | 70 | 70   |      | 122   |      |
| 3       | 60  | ASHWINI          | 95  | JOD  | 04-07-2010 | 69.000 | 38     | 38 | 38 | --   |      | --           | -- | -- | --   |      | --    |      |
| 4       | 71  | LACKY SHARMA     | 135 | RAJ  | 10-06-2008 | 68.350 | 55     | 60 | 64 | 64   |      | 70           | 75 | 76 | 70   |      | 134   |      |
| 5       | 128 | Vaishnavi Sharma | 86  | JPR  | 04-09-2008 | 66.400 | 38     | 38 | 40 | 38   |      | 50           | 55 | 55 | 50   |      | 88    |      |
| 6       | 162 | Gunjan Joshi     | 141 | JPR  | 23-05-2007 | 67.250 | 61     | 61 | 61 | --   |      | --           | -- | -- | --   |      | --    |      |
| 7       | 188 | Chestha Sharma   | 95  | SGNR | 11-09-2008 | 67.900 | 44     | 46 | 46 | 44   |      | 58           | 58 | 58 | 58   |      | 102   |      |
| 8       | 200 | Naira Muthu      | 64  | GUJ  | 16-01-2009 | 64.550 | 32     | 36 | 37 | 37   |      | 42           | 45 | 48 | 45   |      | 82    |      |
| 9       | 217 | DIVYA SINHA      | 135 | C.G. | 12-09-2003 | 69.000 | 57     | 60 | 63 | 63   |      | 75           | 75 | 80 | 75   |      | 138   |      |
| 10      | 242 | DIVYA KEER       | 110 | TNK  | 16-04-2004 | 67.850 | 52     | 52 | 52 | --   |      | --           | -- | -- | --   |      | --    |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Ms.Trupti Parashar [MHR]  
Left - Mr. Chandra Shekhar [RAJ]  
Right - Mr. Madan Lal Sharma [RAJ]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

1. Ms. Arumita Datta [C.G.]
2. Mr. Sumit Paliwal [M.P.]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 17.12.2025 18:30

### WOMEN 69 kg A

Weigh in : 16:30

| 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       | 31  | Nidhi Gandhi   | 150 | GUJ  | 13-10-1999 | 67.250 | 66     | 69 | 72 | 72   |      | 79           | 83 | 90 | 83   |      | 155   |      |
| 2       | 34  | SHEETAL RAJPUT | 151 | M.P. | 01-01-2006 | 63.800 | 61     | 65 | 67 | 65   |      | 78           | 83 | 83 | 83   |      | 148   |      |
| 3       | 79  | SHIVANI NISHAD | 140 | C.G. | 12-03-2007 | 64.300 | 60     | 64 | 66 | 66   |      | 80           | 80 | 85 | 80   |      | 146   |      |
| 4       | 98  | Punam Kakade   | 180 | MHR  | 18-07-2008 | 69.000 | 70     | 75 | 76 | 70   |      | 90           | 94 | 97 | 90   |      | 160   |      |
| 5       | 107 | ANKITA         | 190 | RAJ  | 10-04-2006 | 68.950 | 77     | 77 | 81 | 81   |      | 100          | -- | -- | 100  |      | 181   |      |
| 6       | 190 | Mudra Aphale   | 160 | MHR  | 20-02-2008 | 68.950 | 73     | 76 | 78 | 76   |      | 81           | 86 | 91 | 86   |      | 162   |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

Center - Mr. Ram Vinod Sharma [RAJ]  
Left - Ms. Rajani Upadhyay [RAJ]  
Right - Mr. Ajay Vaishnav [RAJ]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishka Sharma [H.P.]

### Secretary

1. Ms. Madhuri Sahu [C.G.]
2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 18.12.2025 10:00

### WOMEN 77 kg B

Weigh in : 8:00

| No.     | LOT | NAME             | ENT | TEAM | BORN       | BW     | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|---------|-----|------------------|-----|------|------------|--------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|         |     |                  |     |      |            |        | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| 77 kg B |     |                  |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 15  | Sapna Kumari     | 90  | SGNR | 17-07-2008 | 73.550 | 39     | 42 | 45 | 42   |      | 49           | 56 | 58 | 49   |      | 91    |      |
| 2       | 32  | Varsha Singh     | 114 | JPR  | 26-08-2008 | 74.350 | 52     | 55 | 55 | 55   |      | 60           | 60 | 64 | 64   |      | 119   |      |
| 3       | 43  | Akshara vyavhare | 70  | MHR  | 18-01-2009 | 69.900 | 45     | 48 | 48 | 45   |      | 58           | 61 | 61 | 58   |      | 103   |      |
| 4       | 50  | Anjana Bano      | 132 | ALW  | 27-03-2008 | 73.550 | 50     | 55 | 58 | 55   |      | 70           | 74 | 76 | 74   |      | 129   |      |
| 5       | 102 | DIVYANSHI        | 125 | RAJ  | 06-06-2010 | 75.800 | 53     | 55 | 60 | 55   |      | 66           | 71 | 71 | 66   |      | 121   |      |
| 6       | 124 | Payal Gurjar     | 102 | SIR  | 10-02-2007 | 74.850 | 45     | 48 | 48 | 48   |      | 57           | 57 | 57 | --   |      | --    |      |
| 7       | 150 | MUSKAN YADAV     | 120 | C.G. | 21-02-2008 | 76.950 | 45     | 51 | 51 | 51   |      | 65           | 65 | 70 | 65   |      | 116   |      |
| 8       | 164 | Kumkum           | 140 | SGNR | 02-11-2005 | 69.950 | 74     | 74 | 76 | 76   |      | 85           | 85 | 88 | 85   |      | 161   |      |
| 9       | 174 | Khushi Varan     | 135 | GUJ  | 09-12-2002 | 76.550 | 63     | 67 | 70 | 67   |      | 80           | 85 | 85 | 80   |      | 147   |      |
| 10      | 212 | Khushi Choudhary | 109 | JPR  | 03-11-2009 | 72.200 | 49     | 52 | 54 | 52   |      | 59           | 62 | 63 | 59   |      | 111   |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Ms. Narinder Kaur [RAJ]  
Left - Mr. Sanjeev Rajdan [M.P.]  
Right - Mr. Yashpal Yadav [U.P.]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

1. Ms. Arumita Datta [C.G.]
2. Mr. Sumit Paliwal [M.P.]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 18.12.2025 12:30

### WOMEN 77 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 |
| 77 kg A |     |                    |     |      |            |        |        |    |    |      |      |              |    |    |      |      |       |      |
| 1       | 47  | PARI BELDAR        | 142 | M.P. | 16-12-2009 | 76.600 | 61     | 61 | 64 | 64   |      | 76           | 81 | 81 | 81   |      | 145   |      |
| 2       | 52  | TANIYA BANJARE     | 150 | C.G. | 28-08-2001 | 74.850 | 58     | 62 | 66 | 62   |      | 78           | 78 | 82 | 78   |      | 140   |      |
| 3       | 95  | Annpurna Choudhary | 155 | BKN  | 21-10-2005 | 72.750 | 69     | 73 | 75 | 75   |      | 84           | 87 | 90 | 87   |      | 162   |      |
| 4       | 170 | ARMANDEEP KOUR     | 190 | RAJ  | 07-10-2002 | 77.000 | 80     | 85 | 90 | 85   |      | 95           | -- | -- | 95   |      | 180   |      |
| 5       | 186 | Tanushka Chouhan   | 161 | RAJ  | 13-05-2007 | 76.500 | 69     | 72 | 75 | 72   |      | 81           | 84 | 84 | 81   |      | 153   |      |
| 6       | 205 | Drishti Bhatnagar  | 153 | JPR  | 05-10-1999 | 74.400 | 60     | 63 | 66 | 66   |      | 75           | 80 | 83 | 83   |      | 149   |      |
| 7       | 222 | Anushka Sharma     | 157 | JPR  | 13-07-2007 | 73.150 | 65     | 70 | 76 | 70   |      | 78           | 81 | 85 | 81   |      | 151   |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

Center - Mr. Madan Lal Sharma [RAJ]  
Left - Ms.Trupti Parashar [MHR]  
Right - Mr. Chandra Shekhar [RAJ]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishka Sharma [H.P.]

### Secretary

1. Ms. Madhuri Sahu [C.G.]
2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## START LIST / PROTOCOL

Competition : 18.12.2025 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        | 22  | Vanshika Mulani   | 103 | JPR  | 21-06-2009 | 84.200 | 40     | 42 | 44 | 42   |      | 54           | 58 | 60 | 60   |      | 102   |      |
| 2        | 37  | Janisha           | 110 | SGNR | 25-01-2009 | 78.150 | 54     | 58 | 61 | 58   |      | 68           | 68 | 72 | 68   |      | 126   |      |
| 3        | 41  | Hiralkumari Patel | 115 | GUJ  | 21-10-2008 | 79.950 | 45     | 50 | 50 | 50   |      | 61           | 64 | 64 | 64   |      | 114   |      |
| 4        | 45  | Gayatri Kumwat    | 128 | RAJ  | 24-08-2009 | 80.050 | 53     | 56 | 57 | 57   |      | 70           | 72 | 72 | 70   |      | 127   |      |
| 5        | 56  | Nikita Tepan      | 93  | JPR  | 27-03-2008 | 80.350 | 42     | 45 | 47 | 45   |      | 52           | 52 | 55 | 52   |      | 97    |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Mr. Ajay Vaishnav [RAJ]  
Left - Mr. Ram Vinod Sharma [RAJ]  
Right - Ms. Rajani Upadhyay [RAJ]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

1. Ms. Arumita Datta [C.G.]
2. Mr. Sumit Paliwal [M.P.]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 18.12.2025 15:30

### WOMEN 86 kg A

Weigh in : 13:30

| No.     | LOT | NAME                     | ENT | TEAM | BORN       | BW          | SNATCH |    |    |      |      | CLEAN & JERK |    |     |      |      | TOTAL |      |
|---------|-----|--------------------------|-----|------|------------|-------------|--------|----|----|------|------|--------------|----|-----|------|------|-------|------|
|         |     |                          |     |      |            |             | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3   | Res. | Rank | Res.  | Rank |
| 86 kg A |     |                          |     |      |            |             |        |    |    |      |      |              |    |     |      |      |       |      |
| 1       | 3   | Akanksha Yadav           | 110 | TNK  | 02-07-2005 | 77.600      | 50     | 53 | 55 | 55   |      | 60           | 62 | 62  | 60   |      | 115   |      |
| 2       | 9   | Kanta                    | 160 | SGNR | 08-07-1997 | 80.150      | 73     | 78 | 79 | 79   |      | 90           | 96 | 100 | 90   |      | 169   |      |
| 3       | 39  | Komal Devrapalli         | 160 | GUJ  | 10-06-2005 | 78.100      | 58     | 62 | 64 | 64   |      | 82           | 86 | 92  | 82   |      | 146   |      |
| 4       | 44  | Aanchal Kajala           | 108 | JPR  | 28-01-1998 | 85.850      | 50     | 55 | 58 | 50   |      | 65           | 75 | 75  | 65   |      | 115   |      |
| 5       | 72  | BHUMI SINGH              | 135 | C.G. | 07-08-2008 | 77.400      | 55     | 60 | 63 | 63   |      | 68           | 72 | 76  | 72   |      | 135   |      |
| 6       | 108 | Ritu                     | 170 | JPR  | 10-12-1996 | 83.900      | 77     | 81 | 81 | 77   |      | 93           | 98 | 100 | 98   |      | 175   |      |
| 7       | 130 | Sapara Kinjal Manojbhai  | 165 | DUS  | 14-06-1999 | 81.055<br>0 | 65     | 70 | 77 | 70   |      | 82           | 86 | 86  | 86   |      | 156   |      |
| 8       | 138 | Sakshi Vishwas Haldankar | 150 | GOA  | 13-11-2002 | 77.950      | 60     | 65 | 70 | 70   |      | 82           | 85 | 90  | 90   |      | 160   |      |
| 9       | 210 | Alisha Ali               | 99  | UDR  | 25-06-2008 | 82.350      | 43     | -- | -- | --   |      | --           | -- | --  | --   |      | --    |      |

### Jury

1. Mr. G.P. Sharma - President [U.P.]
2. Mr. Ravi Sharma - Member [RAJ]
3. Mr. Pradeep Yadav-Member [U.P.]

### Referee

- Center - Mr. Yashpal Yadav [U.P.]  
Left - Ms. Narinder Kaur [RAJ]  
Right - Mr. Sanjeev Rajdan [M.P.]

### Chief Marshal

1. Mr. Shubham Jain [M.P.]
2. Mr. Govind Prajapati [M.P.]

### Time Keeper

1. Mr. Kamlesh Sharma [RAJ]

### Technical Controller

1. Mr. Pushpendra Rathore [RAJ]
2. Ms. Krishna Sharma [H.P.]

### Secretary

1. Ms. Madhuri Sahu [C.G.]
2. Mr. Mayur Patel [GUJ]

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025

## START LIST / PROTOCOL

Competition : 19.12.2025 10:00

### WOMEN +86 kg A

Weigh in : 8:00

| No.      | LOT | NAME               | ENT | TEAM | BORN       | BW      | SNATCH |    |    |      |      | CLEAN & JERK |    |    |      |      | TOTAL |      |
|----------|-----|--------------------|-----|------|------------|---------|--------|----|----|------|------|--------------|----|----|------|------|-------|------|
|          |     |                    |     |      |            |         | 1      | 2  | 3  | Res. | Rank | 1            | 2  | 3  | Res. | Rank | Res.  | Rank |
| +86 kg A |     |                    |     |      |            |         |        |    |    |      |      |              |    |    |      |      |       |      |
| 1        | 2   | DAKSHITA TRIVEDI   | 125 | M.P. | 01-06-2008 | 104.350 | 55     | 55 | 55 | --   |      | --           | -- | -- | --   |      | --    |      |
| 2        | 6   | JayShree Bishnoi   | 109 | RAJ  | 20-07-2007 | 104.050 | 42     | 44 | 47 | 44   |      | 57           | 58 | 60 | 60   |      | 104   |      |
| 3        | 35  | Harshi Bollia      | 97  | UDR  | 03-05-2005 | 91.000  | 42     | 42 | 44 | 44   |      | 55           | 57 | 57 | 57   |      | 101   |      |
| 4        | 48  | Ishika Choudhary   | 141 | JPR  | 17-07-2001 | 97.750  | 55     | 59 | 59 | 55   |      | 66           | 74 | 80 | 66   |      | 121   |      |
| 5        | 62  | ARCHANA            | 120 | SKR  | 24-08-1997 | 86.050  | 68     | 75 | 79 | 68   |      | 90           | 94 | 98 | 98   |      | 166   |      |
| 6        | 123 | Pooja Prasad       | 110 | GUJ  | 06-06-2002 | 86.750  | 45     | 50 | 55 | 50   |      | 60           | 65 | 70 | 70   |      | 120   |      |
| 7        | 157 | Iram Irshad Khatri | 135 | GOA  | 03-12-2002 | 95.050  | 53     | 56 | 56 | 56   |      | 70           | 82 | 82 | 70   |      | 126   |      |
| 8        | 187 | KAJAL SAHU         | 140 | C.G. | 09-10-2004 | 92.850  | 60     | 64 | 67 | 67   |      | 75           | 79 | 80 | 80   |      | 147   |      |
| 9        | 221 | Neelam             | 150 | RAJ  | 28-12-1998 | 89.250  | 62     | 66 | 67 | 67   |      | 74           | 78 | 82 | 78   |      | 145   |      |

### Jury

1. Mr. Pardeep Sharma- President [H.P.]
2. Mr. Suneet Chopra - Member [U.P.]
3. Mrs. Khushbu Yadav-Member [U.P.]

### Referee

- Center - Mr. Chandra Shekhar [RAJ]  
Left - Mr. Madan Lal Sharma [RAJ]  
Right - Ms. Trupti Parashar [MHR]

### Chief Marshal

1. Mr. Satish Dhiman [H.P.]
2. Mr.-Satya Narayan Mali [RAJ]

### Time Keeper

1. Mr. Ratan Singh [RAJ]

### Technical Controller

1. Mr. Chhavi Ram [C.G.]
2. Mr. Arvind Saini [RAJ]

### Secretary

1. Ms. Arumita Datta [C.G.]
2. Mr. Sumit Paliwal [M.P.]

## GROUP OF JURIES AND REFEREES

### JURY Member Group 1 :

MR. G.P. SHARMA - PRESIDENT [U.P.] \*President of Jury  
MR. RAVI SHARMA - MEMBER [RAJ]  
MR. PRADEEP YADAV-MEMBER [U.P.]

### JURY Member Group 2 :

MR. PARDEEP SHARMA- PRESIDENT [H.P.] \*President of Jury  
MR. SUNEET CHOPRA - MEMBER [U.P.]  
MRS. KHUSHBU YADAV-MEMBER [U.P.]

### REFEREE Member Group 1 :

MS. TRUPTI PARASHAR [MHR]  
MR. CHANDRA SHEKHAR [RAJ]  
MR. MADAN LAL SHARMA [RAJ]

### REFEREE Member Group 2 :

MR. RAM VINOD SHARMA [RAJ]  
MS. RAJANI UPADHYAY [RAJ]  
MR. AJAY VAISHNAV [RAJ]

### REFEREE Member Group 3 :

MS. NARINDER KAUR [RAJ]  
MR. SANJEEV RAJDAN [M.P.]  
MR. YASHPAL YADAV [U.P.]

## GROUP OF OTHER COMPETITION OFFICIALS

### CHIEF MARSHAL Member Group 1 :

MR. SHUBHAM JAIN [M.P.]  
MR. GOVIND PRAJAPATI [M.P.]

### CHIEF MARSHAL Member Group 2 :

MR. SATISH DHIMAN [H.P.]  
MR.-SATYA NARAYAN MALI [RAJ]

### TIMEKEEPER Member Group 1 :

MR. KAMLESH SHARMA [RAJ]

### TIMEKEEPER Member Group 2 :

MR. RATAN SINGH [RAJ]

### TECHNICAL CONTROLLER Member Group 1 :

MR. PUSHPENDRA RATHORE [RAJ]  
MS. KRISHKA SHARMA [H.P.]

### TECHNICAL CONTROLLER Member Group 2 :

MR. CHHAVI RAM [C.G.]  
MR. ARVIND SAINI [RAJ]

### SECRETARY Member Group 1 :

MS. MADHURI SAHU [C.G.]  
MR. MAYUR PATEL [GUJ]

### SECRETARY Member Group 2 :

MS. ARUMITA DATTA [C.G.]  
MR. SUMIT PALIWAL [M.P.]

### TECHNICAL DELEGATE Member Group :

DR. SAHDEV YADAV, PRESIDENT, IWLF [U.P.]

### TIS ADMIN Member Group :

MR. PURAN CHANDRA [DEL]  
MR. SHIVAM MISHRA [U.P.]  
MR. RAHUL KUMAR [DEL]

### TIS ASSTT. Member Group :

MR. SURYANSH TYAGI [U.P.]  
MR. KARTIK SHARMA [U.P.]  
MR. KARAN THAPA [U.P.]

### WARM-UP INCHARGE Member Group :

MR. YUNUS PATEL [M.P.]

### IWLF OBSERVER Member Group :

MR. ASHWANI KUMAR [U.P.]

### SPEAKER Member Group 1 :

MR. ADITYA DWIVEDI [M.P.]

### FOP INCHARGE Member Group 1 :

MR. CHANDRA PRAKASH SAINI [RAJ]

**TECHNICAL DELEGATE Member Group 2 :**

MRS. SABINA YADAV [U.P.]

**SPEAKER Member Group 2 :**

MR. RAJESH MITTAL [RAJ]

**FOP INCHARGE Member Group 2 :**

MR. JITENDRA KAUSHIK [RAJ]

**Member Group 3 :**

MR. RATAN LAL SHARMA [RAJ]



# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
KOTA - RAJASTHAN

15/12/2025 to 19/12/2025



## MEN 's ROBI TOTAL POINT

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

# ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

Asmita Khelo India West Zone Women's Weightlifting League - 2025-26  
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15/12/2025 to 19/12/2025



## WOMEN 's ROBI TOTAL POINT

| R. | NAME                     | BORN       | TEAM  | B.WEIGHT | TOTAL | POINT   |
|----|--------------------------|------------|-------|----------|-------|---------|
| 1  | Vidhya Sharma            | 20-01-2005 | GUJ   | 52.600   | 164   | 360.290 |
| 2  | SONALI YADU              | 19-09-2002 | C.G.  | 61.550   | 182   | 334.812 |
| 3  | Ananya Patil             | 14-01-2001 | MHR   | 56.800   | 169   | 329.789 |
| 4  | ANNU KUMARI              | 27-11-2008 | RAJ   | 47.750   | 148   | 298.362 |
| 5  | Pragya Sharma            | 23-07-2005 | RAJ   | 62.800   | 174   | 288.370 |
| 6  | Nishigandha Kadole       | 03-02-2010 | MHR   | 58.000   | 159   | 269.302 |
| 7  | ANKITA                   | 10-04-2006 | RAJ   | 68.950   | 181   | 264.868 |
| 8  | Neha Dholi               | 15-07-2006 | RAJ   | 51.950   | 148   | 256.185 |
| 9  | MUSKAN SHEIKH            | 12-05-2004 | M.P.  | 62.550   | 166   | 246.630 |
| 10 | ARMANDEEP KOUR           | 07-10-2002 | RAJ   | 77.000   | 180   | 236.000 |
| 11 | LAXMI TIWARI             | 29-12-2006 | BARAN | 52.350   | 144   | 233.897 |
| 12 | POONAM                   | 01-07-2005 | CHR   | 51.950   | 141   | 218.098 |
| 13 | CHAITANYA PARMAR         | 25-05-2006 | M.P.  | 57.000   | 148   | 212.232 |
| 14 | LUKESHWARI SAHU          | 23-11-2007 | C.G.  | 62.600   | 158   | 209.309 |
| 15 | Sadhana Singh            | 22-06-1998 | GUJ   | 62.800   | 157   | 204.940 |
| 16 | KIRAN BAGHEL             | 17-11-1997 | C.G.  | 52.700   | 136   | 193.447 |
| 17 | Ritu                     | 10-12-1996 | JPR   | 83.900   | 175   | 188.923 |
| 18 | Mehak Fatima Sayed       | 05-09-2004 | GOA   | 56.200   | 142   | 184.971 |
| 19 | Punam Kakade             | 18-07-2008 | MHR   | 69.000   | 160   | 175.838 |
| 20 | Kanta                    | 08-07-1997 | SGNR  | 80.150   | 169   | 168.249 |
| 21 | Annpurna Choudhary       | 21-10-2005 | BKN   | 72.750   | 162   | 166.306 |
| 22 | Humanshi Gurjar          | 26-09-2003 | DUS   | 47.650   | 124   | 165.763 |
| 23 | Kumkum                   | 02-11-2005 | SGNR  | 69.950   | 161   | 162.921 |
| 24 | Apeksha Panwar           | 21-06-2004 | UDR   | 57.300   | 136   | 160.258 |
| 25 | Nidhi Gandhi             | 13-10-1999 | GUJ   | 67.250   | 155   | 158.237 |
| 26 | RAJESHWARI               | 07-08-2005 | BARAN | 47.700   | 120   | 148.655 |
| 27 | VAANYA RAO               | 24-10-2009 | C.G.  | 58.000   | 131   | 141.508 |
| 28 | Sakshi Vishwas Haldankar | 13-11-2002 | GOA   | 77.950   | 160   | 140.282 |
| 29 | Mansi Singh              | 26-11-2004 | GUJ   | 47.450   | 117   | 136.664 |
| 30 | Anushka Sharma           | 13-07-2007 | JPR   | 73.150   | 151   | 131.663 |
| 31 | TEJASWINI GEHLOT         | 08-08-2008 | RAJ   | 43.300   | 115   | 129.057 |
| 32 | NIKITA                   | 12-10-2002 | HNM   | 48.000   | 115   | 129.057 |
| 33 | Sapara Kinjal Manojbhai  | 14-06-1999 | DUS   | 81.0550  | 156   | 128.966 |
| 34 | Drishti Bhatnagar        | 05-10-1999 | JPR   | 74.400   | 149   | 125.958 |
| 35 | Khushi Varan             | 09-12-2002 | GUJ   | 76.550   | 147   | 120.429 |
| 36 | PALAK PATEL              | 27-12-2010 | M.P.  | 47.000   | 111   | 114.738 |
| 37 | KOMAL VISHNOI            | 23-04-2010 | JOD   | 47.450   | 110   | 111.340 |
| 38 | DIVYA SINHA              | 12-09-2003 | C.G.  | 69.000   | 138   | 107.574 |
| 39 | ARCHANA                  | 24-08-1997 | SKR   | 86.050   | 166   | 107.336 |
| 40 | SONU                     | 10-04-2003 | CHR   | 47.450   | 108   | 104.756 |