

RESULTS BOOK



YOUTH



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



YOUTH MEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
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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



YOUTH WOMEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
44 kg	SNATCH	1	51	TEJASWINI GEHLOT	08-08-2008	RAJ
		2	48	SURYANSHI SHARMA	28-07-2010	BARAN
		3	45	BABLI BISWASH	14-01-2012	C.G.
	C&Jerk	1	64	TEJASWINI GEHLOT	08-08-2008	RAJ
		2	61	RESHAM SAHU	28/04/2010	C.G.
		3	59	SURYANSHI SHARMA	28-07-2010	BARAN
	TOTAL	1	115	TEJASWINI GEHLOT	08-08-2008	RAJ
		2	107	SURYANSHI SHARMA	28-07-2010	BARAN
		3	106	RESHAM SAHU	28/04/2010	C.G.
48 kg	SNATCH	1	65	ANNU KUMARI	27-11-2008	RAJ
		2	63	Chavan Harshini	26-11-2010	MHR
		3	53	Akshara Panwar	15-02-2009	UDR
	C&Jerk	1	83	ANNU KUMARI	27-11-2008	RAJ
		2	70	Chavan Harshini	26-11-2010	MHR
		3	70	Akshara Panwar	15-02-2009	UDR
	TOTAL	1	148	ANNU KUMARI	27-11-2008	RAJ
		2	133	Chavan Harshini	26-11-2010	MHR
		3	123	Akshara Panwar	15-02-2009	UDR
53 kg	SNATCH	1	56	POONAM PATEL	06-10-2008	M.P.
		2	48	SANIKA CHANDEL	25-01-2011	C.G.
		3	47	Ayushi Shekhawat	29-02-2012	JPR
	C&Jerk	1	72	POONAM PATEL	06-10-2008	M.P.
		2	57	SANIKA CHANDEL	25-01-2011	C.G.
		3	56	Ayushi Shekhawat	29-02-2012	JPR
	TOTAL	1	128	POONAM PATEL	06-10-2008	M.P.
		2	105	SANIKA CHANDEL	25-01-2011	C.G.
		3	103	Ayushi Shekhawat	29-02-2012	JPR
58 kg	SNATCH	1	74	Nishigandha Kadole	03-02-2010	MHR
		2	61	VAANYA RAO	24-10-2009	C.G.
		3	55	Divya Swami	20-08-2008	BKN
	C&Jerk	1	85	Nishigandha Kadole	03-02-2010	MHR
		2	70	VAANYA RAO	24-10-2009	C.G.
		3	62	Divya Swami	20-08-2008	BKN
	TOTAL	1	159	Nishigandha Kadole	03-02-2010	MHR
		2	131	VAANYA RAO	24-10-2009	C.G.
		3	117	Divya Swami	20-08-2008	BKN
63 kg	SNATCH	1	70	Swati Panwar	25-10-2010	RAJ
		2	60	TANISHA ASNANI	28-10-2011	M.P.
		3	59	PRITU SAHU	07-08-2008	C.G.
	C&Jerk	1	87	Swati Panwar	25-10-2010	RAJ
		2	71	PRITU SAHU	07-08-2008	C.G.
		3	69	Tejaswini ghadage	16-11-2010	MHR
	TOTAL	1	157	Swati Panwar	25-10-2010	RAJ
		2	130	PRITU SAHU	07-08-2008	C.G.
		3	128	TANISHA ASNANI	28-10-2011	M.P.

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YOUTH WOMEN's MEDALLISTS

	LIFT	RANK	RESULT	NAME	BORN	TEAM
69 kg	SNATCH	1	70	Punam Kakade	18-07-2008	MHR
		2	64	LACKY SHARMA	10-06-2008	RAJ
		3	44	Chestha Sharma	11-09-2008	SGNR
	C&Jerk	1	90	Punam Kakade	18-07-2008	MHR
		2	70	LACKY SHARMA	10-06-2008	RAJ
		3	58	Chestha Sharma	11-09-2008	SGNR
	TOTAL	1	160	Punam Kakade	18-07-2008	MHR
		2	134	LACKY SHARMA	10-06-2008	RAJ
		3	102	Chestha Sharma	11-09-2008	SGNR
77 kg	SNATCH	1	64	PARI BELDAR	16-12-2009	M.P.
		2	55	Anjana Bano	27-03-2008	ALW
		3	55	DIVYANSHI	06-06-2010	RAJ
	C&Jerk	1	81	PARI BELDAR	16-12-2009	M.P.
		2	74	Anjana Bano	27-03-2008	ALW
		3	66	DIVYANSHI	06-06-2010	RAJ
	TOTAL	1	145	PARI BELDAR	16-12-2009	M.P.
		2	129	Anjana Bano	27-03-2008	ALW
		3	121	DIVYANSHI	06-06-2010	RAJ
+77 kg	SNATCH	1	58	Janisha	25-01-2009	SGNR
		2	57	Gayatri Kumwat	24-08-2009	RAJ
		3	50	Hiralkumari Patel	21-10-2008	GUJ
	C&Jerk	1	70	Gayatri Kumwat	24-08-2009	RAJ
		2	68	Janisha	25-01-2009	SGNR
		3	64	Hiralkumari Patel	21-10-2008	GUJ
	TOTAL	1	127	Gayatri Kumwat	24-08-2009	RAJ
		2	126	Janisha	25-01-2009	SGNR
		3	114	Hiralkumari Patel	21-10-2008	GUJ

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KOTA - RAJASTHAN

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YOUTH SUMMARY TEAM CLASSIFICATION

No.	Team	MEN	WOMEN	SUMMARY
1	JPR : JAIPUR	0/0	553/10	553/10
2	RAJ : JODHPUR	0/0	477/7	477/7
3	MHR : MAHARASHTRA	0/0	470/7	470/7
4	GUJ : GUJARAT	0/0	417/7	417/7
5	C.G. : CHHATTISGARH	0/0	415/6	415/6
6	M.P. : MADHYA PRADESH	0/0	324/6	324/6
7	BKN : BIKANER	0/0	302/5	302/5
8	SGNR : SRI GANGANAGAR	0/0	201/3	201/3
9	JOD : JODHPUR	0/0	192/5	192/5
10	UDR : UDAIPUR	0/0	130/3	130/3
11	ALW : ALWAR	0/0	95/2	95/2
12	BARAN : BARAN	0/0	73/1	73/1
13	GOA : GOA	0/0	64/1	64/1
14	HNM : HANUMANGARH	0/0	59/1	59/1
15	NGO : NAGPUR	0/0	56/1	56/1
16	CTG : CHITTORGARH	0/0	54/1	54/1
17	DUS : DAUSA	0/0	38/1	38/1
18	CHR : CHURU	0/0	14/1	14/1



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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	JPR : JAIPUR	-	100/2	69/1	63/2	-	66/1	126/2	129/2	553/10
2	RAJ : JODHPUR	84/1	84/1	0/1	-	84/1	75/1	69/1	81/1	477/7
3	MHR : MAHARASHTRA	103/2	75/1	-	84/1	67/1	84/1	57/1	-	470/7
4	GUJ : GUJARAT	45/1	50/1	63/1	64/1	63/1	63/1	-	69/1	417/7
5	C.G. : CHHATTISGARH	129/2	-	75/1	75/1	73/1	-	63/1	-	415/6
6	M.P. : MADHYA PRADESH	-	64/1	84/1	22/1	70/1	-	84/1	0/1	324/6
7	BKN : BIKANER	59/1	115/2	-	128/2	-	-	-	-	302/5
8	SGNR : SRI GANGANAGAR	-	-	-	-	-	69/1	54/1	78/1	201/3
9	JOD : JODHPUR	41/1	85/2	66/1	-	-	0/1	-	-	192/5
10	UDR : UDAIPUR	61/1	69/1	-	-	0/1	-	-	-	130/3
11	ALW : ALWAR	-	-	20/1	-	-	-	75/1	-	95/2
12	BARAN : BARAN	73/1	-	-	-	-	-	-	-	73/1
13	GOA : GOA	64/1	-	-	-	-	-	-	-	64/1
14	HNM : HANUMANGARH	-	-	59/1	-	-	-	-	-	59/1
15	NGO : NAGAU	-	-	56/1	-	-	-	-	-	56/1
16	CTG : CHITTORGARH	54/1	-	-	-	-	-	-	-	54/1
17	DUS : DAUSA	38/1	-	-	-	-	-	-	-	38/1
18	CHR : CHURU	14/1	-	-	-	-	-	-	-	14/1

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

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YOUTH SUMMARY MEDALS

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



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YOUTH MEN 's MEDALS

No.	Team
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YOUTH WOMEN 's MEDALS

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

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

15/12/2025 to 19/12/2025



RESULT YOUTH WOMEN 44 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	100	[A] TEJASWINI GEHLOT	125	RAJ	08-08-2008	43.300	46	49	51	51	1	59	62	64	64	1	115	1
2	173	[A] SURYANSHI SHARMA	90	BARAN	28-07-2010	42.200	45	48	51	48	2	59	62	62	59	3	107	2
3	201	[A] RESHAM SAHU	108	C.G.	28/04/2010	41.650	45	45	45	45	4	56	59	61	61	2	106	3
4	189	[A] Gauravi Ravi Dessai	110	GOA	02-07-2009	43.450	35	40	43	43	6	55	58	58	58	4	101	4
5	109	[A] Vamakshi Jhala	92	UDR	17-04-2010	42.450	42	42	44	42	7	55	55	55	55	5	97	5
6	194	[A] Lalita Saran	92	BKN	02-02-2008	43.350	44	47	48	44	5	52	56	56	52	8	96	6
7	7	[A] BABLI BISWASH	70	C.G.	14-01-2012	43.400	40	43	45	45	3	50	53	53	50	9	95	7
8	250	[A] SADHNA KHOIWAL	70	CTG	05-01-2008	43.700	41	41	41	41	10	52	52	53	53	6	94	8
9	141	[A] Rija Shaikh	105	MHR	18-06-2012	42.300	41	44	44	41	8	52	57	61	52	7	93	9
10	181	[A] Shreya sonar	90	MHR	14-03-2011	42.750	35	39	41	41	9	50	54	54	50	10	91	10
11	154	[A] Khushbu Rajbhar	90	GUJ	01-06-2010	43.000	33	36	38	38	11	45	45	45	45	11	83	11
12	26	[A] Purnima Vaishnav	85	JOD	14-08-2010	42.750	30	35	35	30	13	35	37	40	40	12	70	12
13	103	[A] Kiran	62	DUS	02-10-2011	41.900	25	25	25	25	14	32	35	35	32	13	57	13
	46	[A] ANSHU POONIA	70	CHR	10-01-2009	39.750	33	37	37	33	12	42	42	42	--		--	

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

15/12/2025 to 19/12/2025



RESULT YOUTH WOMEN 48 kg

Competition : 16.12.2025 12:00

Weigh in : 10:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	59	[A] ANNU KUMARI	165	RAJ	27-11-2008	47.750	65	70	71	65	1	83	88	88	83	1	148	1
2	160	[A] Chavan Harshini	140	MHR	26-11-2010	47.500	55	60	63	63	2	70	80	80	70	2	133	2
3	70	[A] Akshara Panwar	115	UDR	15-02-2009	47.650	51	51	53	53	3	65	70	72	70	3	123	3
4	122	[B] PALAK PATEL	100	M.P.	27-12-2010	47.000	46	46	48	48	6	54	58	63	63	4	111	4
5	63	[A] KOMAL VISHNOI	115	JOD	23-04-2010	47.450	48	48	50	50	4	55	60	68	60	5	110	5
6	82	[B] Manisha	91	BKN	15-04-2012	47.900	41	43	44	44	7	47	49	51	49	6	93	6
7	18	[B] Shivani Joshi	89	BKN	07-02-2011	46.500	41	42	42	42	8	46	47	47	46	7	88	7
8	155	[B] Tiya Bhatt	80	JPR	07-07-2008	46.450	35	38	41	38	10	42	45	48	45	9	83	8
9	142	[B] Sapna Ram	85	GUJ	20-05-2010	46.250	33	35	37	37	11	42	45	47	45	8	82	9
10	191	[B] Bhumiika Chouhan	75	JPR	28-08-2012	47.650	36	39	41	39	9	40	43	43	40	10	79	10
	219	[B] KIRTI VAISHNAV	115	JOD	09-01-2009	47.550	48	52	52	48	5	60	60	60	--		--	

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

15/12/2025 to 19/12/2025



RESULT YOUTH 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	183	[A] POONAM PATEL	127	M.P.	06-10-2008	52.200	52	52	56	56	1	65	70	72	72	1	128	1
2	85	[B] SANIKA CHANDEL	95	C.G.	25-01-2011	50.600	43	46	48	48	2	53	57	59	57	2	105	2
3	19	[B] Ayushi Shekhawat	88	JPR	29-02-2012	51.800	44	47	47	47	3	52	56	59	56	3	103	3
4	64	[A] MANASVI SINGH	110	JOD	17-09-2009	52.400	45	47	50	47	4	55	58	58	55	4	102	4
5	21	[B] Suhana Khan	95	GUJ	03-11-2010	48.350	40	43	43	43	5	50	50	53	50	5	93	5
6	16	[A] KOMAL	100	HNM	24-04-2010	50.150	35	35	35	35	7	45	52	52	45	6	80	6
7	30	[B] kanak choudhary	75	NGO	10-09-2012	51.000	32	34	34	34	8	41	42	44	42	7	76	7
	14	[B] Neha Meena	87	ALW	11-01-2011	48.700	38	42	42	38	6	52	52	52	--		--	
	36	[A] JASANDEEP KOUR	110	RAJ	08-06-2012	50.200	--	--	--	--		--	--	--	--		--	

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

15/12/2025 to 19/12/2025



RESULT YOUTH 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	199	[A] Nishigandha Kadole	160	MHR	03-02-2010	58.000	68	71	74	74	1	85	90	94	85	1	159	1
2	144	[A] VAANYA RAO	140	C.G.	24-10-2009	58.000	55	58	61	61	2	65	69	70	70	2	131	2
3	146	[B] Divya Swami	114	BKN	20-08-2008	57.950	51	53	55	55	3	60	62	64	62	3	117	3
4	139	[B] Humera Ansari	80	GUJ	06-07-2008	57.050	40	40	45	45	6	50	57	57	57	4	102	4
5	202	[B] Yana Khandelwal	94	JPR	02-10-2011	53.100	45	46	48	46	5	49	53	53	53	5	99	5
6	11	[B] Naveeta Godara	90	BKN	15-08-2009	54.750	41	42	44	42	7	45	45	50	45	6	87	6
	86	[B] ADITI PATEL	104	M.P.	16-10-2008	56.650	48	51	51	48	4	63	63	63	--		--	
	51	[B] Anjali Choudhary	89	JPR	24-06-2008	55.900	42	42	42	--		--	--	--	--		--	

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

15/12/2025 to 19/12/2025



RESULT YOUTH 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	158	[A] Swati Panwar	154	RAJ	25-10-2010	62.350	70	74	74	70	1	84	86	87	87	1	157	1
2	27	[B] PRITU SAHU	130	C.G.	07-08-2008	58.750	56	59	61	59	3	67	69	71	71	2	130	2
3	83	[B] TANISHA ASNANI	130	M.P.	28-10-2011	63.000	55	59	60	60	2	68	71	71	68	4	128	3
4	140	[B] Tejaswini ghadage	125	MHR	16-11-2010	62.750	53	56	59	59	4	65	69	69	69	3	128	4
5	172	[B] Mahek Patel	90	GUJ	22-02-2008	60.050	40	42	45	42	5	50	50	50	50	5	92	5
	180	[B] Dhani Sahu	83	UDR	28-02-2011	60.200	36	36	36	--		--	--	--	--		--	

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

15/12/2025 to 19/12/2025



RESULT YOUTH 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	98	[A] Punam Kakade	180	MHR	18-07-2008	69.000	70	75	76	70	1	90	94	97	90	1	160	1
2	71	[B] LACKY SHARMA	135	RAJ	10-06-2008	68.350	55	60	64	64	2	70	75	76	70	2	134	2
3	188	[B] Chestha Sharma	95	SGNR	11-09-2008	67.900	44	46	46	44	3	58	58	58	58	3	102	3
4	128	[B] Vaishnavi Sharma	86	JPR	04-09-2008	66.400	38	38	40	38	4	50	55	55	50	4	88	4
5	200	[B] Naira Muthu	64	GUJ	16-01-2009	64.550	32	36	37	37	5	42	45	48	45	5	82	5
	60	[B] ASHWINI	95	JOD	04-07-2010	69.000	38	38	38	--		--	--	--	--		--	

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 YOUTH 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	47	[A] PARI BELDAR	142	M.P.	16-12-2009	76.600	61	61	64	64	1	76	81	81	81	1	145	1
2	50	[B] Anjana Bano	132	ALW	27-03-2008	73.550	50	55	58	55	2	70	74	76	74	2	129	2
3	102	[B] DIVYANSHI	125	RAJ	06-06-2010	75.800	53	55	60	55	3	66	71	71	66	3	121	3
4	32	[B] Varsha Singh	114	JPR	26-08-2008	74.350	52	55	55	55	4	60	60	64	64	5	119	4
5	150	[B] MUSKAN YADAV	120	C.G.	21-02-2008	76.950	45	51	51	51	6	65	65	70	65	4	116	5
6	212	[B] Khushi Choudhary	109	JPR	03-11-2009	72.200	49	52	54	52	5	59	62	63	59	6	111	6
7	43	[B] Akshara vyavhare	70	MHR	18-01-2009	69.900	45	48	48	45	7	58	61	61	58	7	103	7
8	15	[B] Sapna Kumari	90	SGNR	17-07-2008	73.550	39	42	45	42	8	49	56	58	49	8	91	8

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 YOUTH WOMEN +77 kg

Competition : 18.12.2025 14:00

Weigh in : 12:00

No.	LOT	NAME	ENT.	TEAM	BORN	BW	SNATCH					CLEAN & JERK					TOTAL	
							1	2	3	Res.	Rank	1	2	3	Res.	Rank	Res.	Rank
1	45	[A] Gayatri Kumwat	128	RAJ	24-08-2009	80.050	53	56	57	57	2	70	72	72	70	1	127	1
2	37	[A] Janisha	110	SGNR	25-01-2009	78.150	54	58	61	58	1	68	68	72	68	2	126	2
3	41	[A] Hiralkumari Patel	115	GUJ	21-10-2008	79.950	45	50	50	50	3	61	64	64	64	3	114	3
4	22	[A] Vanshika Mulani	103	JPR	21-06-2009	84.200	40	42	44	42	5	54	58	60	60	4	102	4
5	56	[A] Nikita Tepan	93	JPR	27-03-2008	80.350	42	45	47	45	4	52	52	55	52	5	97	5
	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 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 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

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 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 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

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 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

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 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]
Right - Mr. Ram Vinod 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 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 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 OFFICALS

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
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ASMITA KHELO INDIA WEST ZONE WOMENS WEIGHTLIFTING LEAGUE 2025-26

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WOMEN 's ROBI TOTAL POINT

R.	NAME	BORN	TEAM	B.WEIGHT	TOTAL	POINT
1	ANNU KUMARI	27-11-2008	RAJ	47.750	148	595.422
2	Nishigandha Kadole	03-02-2010	MHR	58.000	159	459.020
3	Chavan Harshini	26-11-2010	MHR	47.500	133	417.498
4	Swati Panwar	25-10-2010	RAJ	62.350	157	346.524
5	TEJASWINI GEHLOT	08-08-2008	RAJ	43.300	115	327.019
6	Punam Kakade	18-07-2008	MHR	69.000	160	322.216
7	Akshara Panwar	15-02-2009	UDR	47.650	123	322.023
8	SURYANSHI SHARMA	28-07-2010	BARAN	42.200	107	257.365
9	RESHAM SAHU	28/04/2010	C.G.	41.650	106	249.462
10	POONAM PATEL	06-10-2008	M.P.	52.200	128	246.984
11	VAANYA RAO	24-10-2009	C.G.	58.000	131	241.197
12	PALAK PATEL	27-12-2010	M.P.	47.000	111	228.975
13	KOMAL VISHNOI	23-04-2010	JOD	47.450	110	222.194
14	Gauravi Ravi Dessai	02-07-2009	GOA	43.450	101	212.469
15	PARI BELDAR	16-12-2009	M.P.	76.600	145	195.509
16	Vamakshi Jhala	17-04-2010	UDR	42.450	97	185.779
17	PRITU SAHU	07-08-2008	C.G.	58.750	130	185.131
18	Lalita Saran	02-02-2008	BKN	43.350	96	179.492
19	LACKY SHARMA	10-06-2008	RAJ	68.350	134	178.775
20	TANISHA ASNANI	28-10-2011	M.P.	63.000	128	175.838
21	Tejaswini ghadage	16-11-2010	MHR	62.750	128	175.838
22	BABLI BISWASH	14-01-2012	C.G.	43.400	95	173.356
23	SADHNA KHOI WAL	05-01-2008	CTG	43.700	94	167.368
24	Divya Swami	20-08-2008	BKN	57.950	117	165.696
25	Rija Shaikh	18-06-2012	MHR	42.300	93	161.526
26	Shreya sonar	14-03-2011	MHR	42.750	91	150.272
27	Anjana Bano	27-03-2008	ALW	73.550	129	132.582
28	SANIKA CHANDEL	25-01-2011	C.G.	50.600	105	127.913
29	Manisha	15-04-2012	BKN	47.900	93	127.213
30	Ayushi Shekhawat	29-02-2012	JPR	51.800	103	119.997
31	MANASVI SINGH	17-09-2009	JOD	52.400	102	116.170
32	Khushbu Rajbhar	01-06-2010	GUJ	43.000	83	110.694
33	DIVYANSHI	06-06-2010	RAJ	75.800	121	107.182
34	Shivani Joshi	07-02-2011	BKN	46.500	88	105.877
35	Humera Ansari	06-07-2008	GUJ	57.050	102	105.045
36	Varsha Singh	26-08-2008	JPR	74.350	119	101.409
37	Yana Khandelwal	02-10-2011	JPR	53.100	99	95.127
38	MUSKAN YADAV	21-02-2008	C.G.	76.950	116	93.162
39	Tiya Bhatt	07-07-2008	JPR	46.450	83	87.179
40	Suhana Khan	03-11-2010	GUJ	48.350	93	85.473